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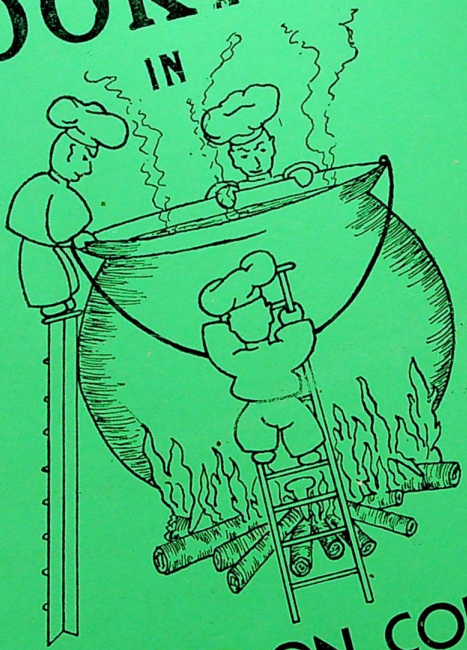

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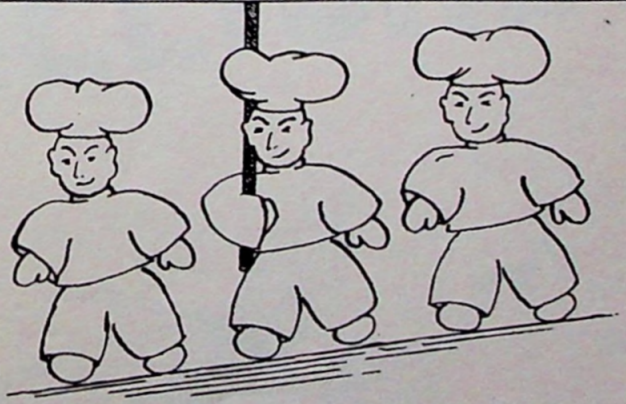

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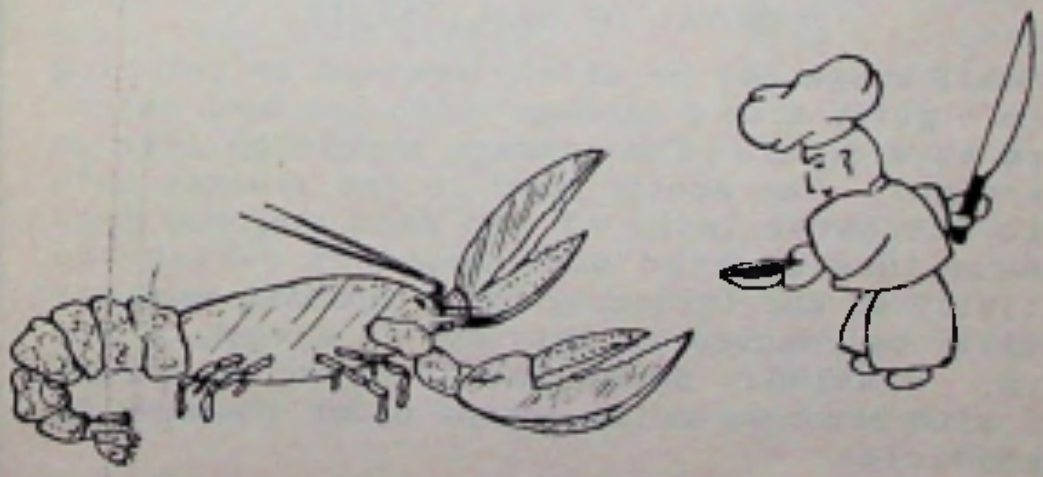
Art Work By

Eric Girard

HORS D'OEUVRES

PICKLES

RELISHES



BEAUTY HINTS

BY JULIAN

Nationally known Director of the
Julian Institute of Beauty in Kansas City, Mo.

Lemon and vinegar are good final rinses for the hair but blondes and persons with lighter colored hair should avoid vinegar as it sometimes darkens light hair.

If you get tired of shaving and other methods of removing hair from legs and arms try bleaching them as this causes them to be much less noticeable.

A simple formula for making a hair remover is to mix equal parts of starch and barium sulphide with water to make a smooth paste.

To avoid wrinkles get as much rest and sleep as possible--avoid worrying--try to keep your facial muscles under control--avoid excessive frowning, squinting and other habits which may tend to form wrinkles. A well lighted home will help to avoid squinting. Massage wrinkles with a rotary and upward motion followed by a good astringent.

REMOVAL OF SMALL WARTS

Small warts may be safely removed by covering them tightly with a bandage which has been saturated in vinegar. The bandage should be left on overnight. The acetic acid in the vinegar eats into the outer layer of the wart and the dead tissue thus created will wear off during the activity of the following day. A small wart may usually be removed in this way in a week or ten days. WARNING: Warts should never be burned off with stronger acids except under the care of a physician.

HORS D'OEUVRES, PICKLES, RELISHES

PHILADELPHIA RELISH FOR HOT DOGS — Mrs. Walt Gaeddert

2 c. cabbage) - Put through food chopper.
2 green peppers)

1 tsp. celery seed
1/2 tsp. mustard seed
1/2 tsp. salt
2 Tbsp. brown sugar
1/4 c. vinegar

Mix in order given.

TOMATO CATSUP — Mrs. M. Sandwell

Tomatoes for catsup are best gathered in August as they become acid and watery later on. Select good tomatoes, scald and strain through a sieve; to each 2 quarts of the sifted tomatoes, allow:

2-1/2 Tbsp. each of black pepper, salt and ground mustard
1 Tbsp. cloves
2 c. vinegar

Boil 3 hours and bottle for use.

CATSUP — Joan Regier

4 qts. tomato juice and pulp
2 c. vinegar
2 c. sugar
3 Tbsp. salt
4 Tbsp. brown sugar

Tie in a cloth bag the following spices and add to tomato mixture:

1 scant tsp. nutmeg
1 scant tsp. red pepper
2 tsp. ginger
2 tsp. cloves
2 tsp. cinnamon

Boil until thick, take out spices, can and seal.

CHILI SAUCE — Mrs. Emmeline E. Durst

12 large tomatoes
2 large mangoes
4 onions
1 Tbsp. salt
2 tsp. cinnamon
1 level tsp. cloves
2 c. vinegar
1 level c. sugar

Cut vegetables up very fine. Put all together and simmer one hour or until desired thickness is reached. Seal up in jars.

SWEET PICKLES Adele Goebel

1st Day: Add 1 c. salt to 1 gal. of water and bring to a boil, and pour on pickles.

2nd Day: Drain, bring to boil and pour back over pickles.

3rd Day: Drain, bring to boil and pour back over pickles.

4th Day: Drain, make fresh salt water as on first day, boil and pour on pickles.

5th Day: Drain, bring to boil and pour back on pickles.

6th Day: Drain, bring to boil and pour back on pickles.

7th Day: Drain, bring to boil and pour back on pickles.

8th Day: Drain off salt water, throw away. Make solution of 1 Tbsp. powdered alum to 1 gal. water, enough to cover pickles. (As your pickles will swell out when you put the alum water over them, be sure to use 1 Tbsp. of alum to 1 gal. of water as that is one reason for the success of this recipe).

9th Day: Drain off alum water. Wash the pickles good, also wash the jar out good. Cover with fresh boiling water.

10th Day: Drain pickles, slice or split. Use equal parts of sugar and white vinegar, enough to cover pickles. Make a bag of mixed spices, drop in solution, bring to a boil and pour over pickles.

11th Day: Drain, add 1 c. sugar to vinegar for each peck of pickles. Bring to a boil and pour back.

12th Day: Drain, add 1 c. of sugar to vinegar for each peck of pickles, boil and pour back.

13th Day: Drain, add 1 c. of sugar to vinegar for each peck of pickles, boil and pour back.

14th Day: Drain, add 1 c. of sugar to vinegar for each peck of pickles, boil and pour back over the pickles.

15th Day: Drain, add no sugar, bring to boil and pour back.

16th Day: Drain, add no sugar, bring to boil and pour back.

17th Day: Can, bring vinegar mixture to boil, fill jars and seal.

DILL PICKLES — Mrs. R. M. Smith

Boil:

3 c. water
1 c. vinegar
3 Tbsp. salt
1 toe garlic

Makes 2 quarts liquid. Wash medium sized pickles and place in jars and pour heated solution over the pickles.

MUSTARD PICKLES — Clara Smith

1 peck cucumbers, sliced

Soak in salt 1 hour. Cut up 4 large onions; add lima and kidney beans.

DRESSING:

2 c. flour
small jar prepared mustard
1/2 gal. vinegar
1 Tbsp. turmeric
6 c. sugar
2 Tbsp. celery seed

Cook these ingredients. Pour over above ingredients, re-heat and can.

SWEET PICKLES — Mrs. Lizzie Hostetler

1st to 7th Day: Soak 75 pickles (4 or 5" long) in salt water 1 week. (2 c. salt to each gal. of water.)

8th Day: Drain off and cover with boiling water. Let set 24 hours.

9th Day: Drain off and split pickles. Cover with water to which 1 Tbsp. alum has been added. Let stand 24 hours.

10th Day: Drain off water and cover with hot vinegar (3 quarts vinegar, 6 c. sugar). Let stand 24 hours.

11th Day: Pour vinegar off and to every 3 quarts of vinegar, add 3 more c. sugar. Heat, pour over pickles. Let stand 24 hours.

12th Day: Drain off vinegar and add pickling spices. Place pickles in jars. Heat vinegar, pour over pickles and seal.

SLICED SWEET DILL PICKLES — Mary Jones Weaver

1 gal. sliced cucumbers
3 c. sugar
1 qt. vinegar
2 Tbsp. salt
2 Tbsp. dill seed
2 Tbsp. mustard seed

Let sliced cucumbers set in ice cold water for 30 minutes. Boil the other ingredients 5 to 10 minutes, then drain sliced cucumbers and drop in hot vinegar. Let stand 10 minutes, put in hot jars and seal tight.

CRISP CUCUMBER PICKLES — Mary Jones Weaver

2 qts. vinegar
2 qts. water
6 c. sugar
lump of alum size of thumb
1/2 pkg. pickling spices

Boil together until the spices have thoroughly seasoned the vinegar, etc.

Wash pickles, soak 24 hours in salt brine. Wash again then drop into the boiling vinegar. Let stand 5 minutes but do not boil. Take out pickles, pack in hot jars. Put vinegar back on fire, bring to a boil, pour over pickles and seal. Pickles will stay firm until used, but the hot bath will slightly change the color.

BREAD AND BUTTER PICKLES — Mrs. W. P. Regier

8 medium cucumbers
6 onions (slice and let stand overnight in strong salt water)

Make a syrup of the following:

3 c. vinegar
2 c. sugar
1 c. water
1 tsp. cassia buds
1 tsp. celery seed
1 tsp. salt
1 tsp. turmeric
1 tsp. mustard seed

Bring to a boil, add cucumbers and simmer 5 minutes. Seal.

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

Soups and Salads

HOUSEHOLD HINTS

When using walnuts in a salad--add just before serving. This will insure crispness and prevent discoloration.

A tomato may be peeled quickly by spearing with a long handled fork and turning constantly over medium heat for a minute or two till the skin breaks. Cool under cold water and peel.

A lightning fast salad dressing can be made by blending 2 tablespoons of tomato paste with 6 tablespoons of mayonnaise. Season with grated onion, a dash of chili powder and a few drops of tabasco sauce. Very good with meat or fish salads.

A jellied salad may be easily unmolded by first brushing the inside of the mold with salad oil. When ready to serve run a sharp pointed knife around top edge of the mold and invert on a plate.

All of the white skin lining on an orange will come off with the peel if the orange is soaked in boiling water for about 5 minutes before peeling.

Box crackers will keep fresher and crisper if stored in the pots and pans drawer of your stove.

A quick way to remove fruit or vegetable stains from the hands is to rub them with lemon juice.

Kid gloves may be kept clean much longer if rubbed gently and firmly with bread crumbs with each wearing. An Art Gum eraser may also be used for this purpose.

SOUPS AND SALADS

TUNA FISH SALAD

Mrs. Edna Wedel

1 can tuna fish
½ doz. sweet pickles
2 hard-boiled eggs
1/2 c. nut meats

Mix with mayonnaise.

CRANBERRY SALAD

Mrs. Edna G. Wedel

1 box raspberry jello - dissolved in
2 c. boiling water
1 c. ground cranberries
1 c. celery, cut up fine
3/4 c. sugar
1/2 c. nuts, chopped
1 c. chopped apples

CHRISTMAS SALAD

Mrs. Robt. E. Cane
Wichita, Kans.

Dissolve 1 package lemon-flavored gelatine in 1 c. hot water; add:

3/4 c. canned beet juice
3 Tbsp. vinegar
1/2 tsp. salt
2 tsp. minced onion
4 Tbsp. horseradish

Chill until partially set. Fold in:

1 c. diced beets
1/2 c. diced cucumbers

Chill in 8 individual molds.

CHEESE SALAD

Grace Vogt

1/2 lb. cream cheese
1/2 lb. crackers
1 doz. sweet pickles
1 small can pimientos

Roll crackers; shred cheese, pickles and pimientos. Mix with salad dressing. Press into ice box dish and chill overnight. Slice and serve. Will keep for weeks.

TOMATO ASPIC SALAD

Bette Roth

1 bay leaf
few drops tabasco sauce
4 onions, sliced
1/2 tsp. salt
3-3/4 c. tomato juice

TOMATO ASPIC SALAD (Cont'd.)

Simmer the above 10 minutes and strain. Dissolve two envelopes of unflavored gelatin in 2/3 c. of cold water and 2 Tbsp. vinegar. Combine these two and pour in salad ring.

LIME SALAD RING — Ena Mae Roth
(or individual molds)

Dissolve:
1 pkg. Lime jello in 2 c. boiling water
Add:
1 Tbsp. vinegar, or lemon
1/2 tsp. salt
2 large tomatoes, diced
1 c. celery
1 large pepper (red preferably)
1/2 c. radishes, cut
1/2 c. diced cucumbers
1 Tbsp. onion juice, or green onion, cut very fine

Pour into mold.

AVACADO SALAD — Elsie Parks

Peel and remove stone from a medium sized avacado. Take sections from one large grapefruit removing all membrane. Place lettuce leaf on plate. Alternate grapefruit sections and slices of avacado, about three of each. Serve with French dressing.

TUNA MACARONI SALAD — Katie Buehler

2 c. cooked macaroni
1 fresh cucumber
1 small onion
1 can tuna

Mix with sandwich spread and celery.

CRANBERRY SALAD — Mrs. Neva (Peterson) Oliver

1 lb. cranberries
2 c. sugar
1 lb. Tokay grapes, (cut up)
1 c. nut meats (chopped)
½ lb. marshmallows (cut)
1 pt. whipping cream

Put cranberries through food chopper. Add sugar and let stand two hours. (If there is much juice, drain it off). Combine with other ingredients,

CRANBERRY SALAD (Cont'd.)

adding the whipped cream last. Let stand overnight. Makes quite a large amount of salad.

SALAD DRESSING — Mrs. J. W. Hoffman

To the beaten yolks of 6 eggs, add:

1 tsp. each; pepper, salt, mustard	1 c. sugar

Beat until very light and add 1/2 c. butter. Pour gradually into the above mixture 1 pint boiling vinegar and the juice of 1 lemon. Cool. This will keep for months. Cream may be added before using.

MACARONI AND FISH SALAD — Gail Regier

6 c. cooked macaroni, (2 c. uncooked, 8 c. water)	1/2 c. celery
	1/2 c. carrots
	2 Tbsp. onion
3/4 c. green pepper	1-1/4 c. flaked fish

Mix well with mayonnaise.

HAYDEN SALAD — Carrie Jones

Chop fine:

3 medium sized heads of cabbage	3 small red peppers
	8 green peppers (removing the seeds)
8 large onions	

Sprinkle 1 c. of salt through this and let stand 1/2 hour or longer, then drain well. Add to the above mixture.

30 ripe tomatoes, peeled and finely cut
2-1/2 lbs. sugar (white or brown)
1 tsp. ea. of ground mustard, ginger, cloves, cinnamon and celery seed
1 pint of vinegar

Cook slowly 1/2 hour or until thick and seal in sterilized jars.

CRANBERRY SALAD — Myrtle E. Jones Decker

Take:

1 lb. cranberries	3 c. water	2 c. sugar

CRANBERRY SALAD (Cont'd.)

and boil 12 minutes. Then stir in 1 box of cherry jello. Set off the fire, then stir in 15 marshmallows until dissolved. Let cool and fold in:

1/2 c. nuts, chopped fine
1 c. celery, cut up in small pieces
1 c. apples, cut up in small pieces

Pour in a pyrex baking dish 8 x 12; set in ice box. When firm, cut in squares and serve on a lettuce leaf.

PINEAPPLE & CUCUMBER SALAD — Mrs. Wm. Cassler

1 small can pineapple
1 med. sized cucumber
1 lemon (juice),
little salt
sweeten to taste, (little sugar)
1 env. gelatine

Put in gelatine as it is setting.

FISH MEDLEY SALAD — Mrs. H. K. Goerz
(Serves 6)

1 c. crabmeat
2/3 c. shrimp
1/2 c. lobster
2/3 c. celery
3 Tbsp. pimiento
1 Tbsp. lemon juice
2 hard-boiled eggs, diced
salt and paprika
1 c. mayonnaise

May be garnished and served with sliced tomatoes and ripe olives.

CHICKEN SALAD — Mrs. N. W. Krehbiel
(Serves 8)

2 c. diced chicken
1 c. celery
1/2 c. toasted almonds
1 c. tiny green, or halved Tokey grapes
1/2 c. mayonnaise

Combine with Miracle Whip.

LIME JELLO SALAD — Mrs. Otto Bachman

1 pkg. lime jello
1 c. chopped cabbage
1/2 green pepper, chopped fine
1 c. celery, cut up
small piece of onion, size of almond

D. L. HARDER

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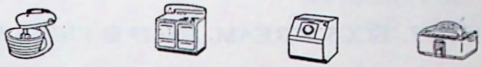

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LIME JELLO SALAD (Cont'd.)

Put in individual molds.

CHICKEN SALAD — Mrs. Ruby La Gree
(6-8 Servings)

2 c. chicken meat (diced)
3 hard-boiled eggs, chopped
1 c. celery, chopped
1/2 c. cooked, cream mayonnaise
1/2 tsp. salt

Place meat, chopped eggs, celery, mayonnaise and salt in cold bowl and mix well with a fork. Serve on crisp lettuce, garnishing with several stuffed olives. Endive may be used in place of lettuce.

BING CHERRY & CHEESE SALAD — Mourine Galle

1 pkg. cherry jello
1 c. 7-Up or gingerale
2 c. pitted Bing cherries
1 pkg. Philadelphia cream cheese
1/2 c. nuts

Pour 1 c. boiling water over cream cheese- beat until smooth. Add jello and stir until dissolved. Add 1 c. 7-Up or gingerale. Cool. Add Bing cherries and nuts. Pour into individual molds and chill until firm. Serve on salad greens with mayonnaise. (Serves 6.)

CRANBERRY SALAD — Contributed

1 pkg. raspberry jello
1-1/3 c. boiling water
1/2 c. sugar

When beginning to congeal, add:

1 c. cranberries
1 c. ground apples
pinch salt

SPICED FRUIT SALAD — Mrs. Selden Hough

1 pkg. cherry or strawberry jello
1 can spiced grapes
1 can crushed pineapple
3 large bananas
1/2 10-cent pkg. red-hots (more if desired)

Use juice from pineapple and grapes instead of water in making jello. In c. of hot juice to melt

SPICED FRUIT SALAD (Cont'd.)

jello, add the redhots, and let them dissolve before adding rest of juice, then add fruit as usual.

MACARONI SALAD — Mrs. Selden Hough

1 small pkg. macaroni
6 hardboiled eggs
salt
2 medium-sized onions
1 c. sweet pickles
1 can pimiento
1 9-oz. can ripe olives
mayonnaise
pickle juice to suit taste

Cook macaroni and blanch; add rest of ingredients. Mix and chill.

APPLE SALAD — Eva Marie Moddelmog

1 box lemon jello, whipped when starting to set. Add:
1 c. diced cheese
2 c. diced apples
1 small can pineapple
1 pkg. marshmallows

Then add 1 c. of whipped cream and let set.

BANANA SALAD — Mrs. J. C. Harder

Peel bananas, slice lengthwise and then in half. Arrange on a lettuce leaf and top with a half-and-half mixture of peanut butter and mayonnaise.

CHRISTMAS SALAD — Mrs. C. W. Vogt

1-1/4 c. water
1/2 c. sugar
1/4 c. red cinnamon candies
2 apples, pared and cut in wedges
1 avocado, cut in wedges

Make syrup of water, sugar and candies. Add the apples and cook until tender. Chill. Alternate apple and avocado on lettuce. Pass French dressing.

PINEAPPLE SALAD — Esther Roth

1 pkg. lemon jello
1/2 c. boiling water
3/4 c. sugar
2 c. boiled, crushed pineapple and juice
juice of 1 lemon

PINEAPPLE SALAD (Cont'd.)

Chill the above ingredients and then add 3/4 c. of grated cheese and 1 c. whipped cream.

"PINK" SALAD — Mrs. R. W. Burditt

1 can crushed pineapple
1 Tbsp. gelatine
1/2 c. pecans
1 c. whipped cream
1/2 c. mayonnaise
1 c. cottage cheese, or 2 cakes cream cheese
1 medium bottle maraschino cherries

Soak gelatine in cold water. Add pineapple and put over hot water until dissolved. Add nuts, cherries and juice. When nearly set, fold in whipped cream, cheese and mayonnaise. Serves 12.

SALADS — Contributed

Grapefruit, orange, peach & pineapple in strawberry jello.
Greengage plums and almonds in lime jello.
Orange jello with orange juice, cherries, celery, apples & marshmallows

WALNUT SALAD — Contributed

2 c. sugar
1 c. vinegar
1 pt. cold water
dash of cloves

Boil together until syrups.

1 pt. boiling water, and 1 box Knox gelatine

Stir until dissolved and combine with boiling syrup on the stove - set aside to cool. While cooling, prepare:

1 c. walnut meats
1 doz. small sweet pickles, chopped fine
4 stalks celery, cut up
2 green peppers, cut up

Makes 2 quarts of salad.

SALAD DRESSING — Contributed

juice of 2 lemons (strained)
1 level tsp. cornstarch
1 Tbsp. sugar
pinch of salt

SALAD DRESSING (Cont'd.)

Then boil. Pour while hot into 2 beaten egg yolks, set on stove; stir until it thickens and then add 1 Tbsp. butter. When serving add 1/2 c. of whipped cream (sour preferred).

SNOW SALAD — Mrs. W. J. Novak

1 small head cabbage
1 can seedless grapes or white cherries
1/2 pound blanched almonds and
8 marshmallows, cut in pieces
1/2 c. whipping cream, mixed with mayonnaise

CANDLESTICK SALAD — Mrs. W. J. Novak

Place 1 slice of pineapple on lettuce leaf. Take half of banana and stand on center of pineapple. Pour mayonnaise over banana and sprinkle with grated nuts and cheese. Top the banana with a red cherry.

THOUSAND ISLAND DRESSING

1 c. Miracle Whip
1/4 c. chili sauce
2 Tbsp. chopped green pepper
1/2 c. chopped olives
1/2 c. chopped sweet pickles
1 c. hard-boiled eggs, cut up
1/4 c. chopped celery, (optional)

Mix together just before serving and serve on lettuce.

SALAD DRESSING — Mrs. I. B. Gray

1/2 c. catsup
1/2 c. Wesson oil
1/2 c. vinegar
1/2 c. sugar
1-3 c. coarse grated cheese
1 small onion
1 pinch salt

Put in a quart fruit jar. Shake well before using.

CRANBERRY-ICE — Mrs. Harry Vetter

4 c. cranberries
2 c. water
2 c. sugar
juice of 2 lemons

CRANBERRY-ICE (Cont'd.)

Cook cranberries with water until the berries stop popping; strain; add sugar and cook until dissolved. Cool. Stir in strained lemon juice and freeze to the consistency of water ice. Delicious as a dessert, or with roast turkey.

POTATO STEW — Miss Betty Sandwell

Peel and slice thin 6 or 8 large potatoes; cut 3 thick slices of salt pork in little squares and put into the bottom of the soup kettle; fry thoroughly, then add the potatoes with salt, pepper and a little sage, if liked, and 1 large tomato, peeled and sliced; cover with water and closely cover the kettle. Cook until the potatoes begin to break in pieces. Cheap and good.

ITALIAN SOUP — Mrs. W. J. Novak

4 c. soup stock (veal, or chicken)
2 c. strained tomatoes
1/4 c. cooked, shredded cabbage
2 tsp. salt
1/4 tsp. pepper
2 c. cooked carrots
2 Tbsp. minced onion
1/4 c. rice

Bring the stock and tomato to a boiling point. Add rice and cook until tender. Replace with hot water the liquid which boils away. Add other ingredients. Allow to boil two minutes. Serves 6.

OYSTER STEW — Mrs. W. J. Novak

1 qt. oysters
3 pints milk
salt, pepper and butter

Place oysters on fire in their own liquor and let them gently simmer until their edges "ruffle". At the same time put the milk on to heat in a double boiler and when it is at the scalding point, pour it over the oysters. Let the soup stand one minute, skim well, add butter, salt and pepper and serve at once.

PATRONIZE MERCHANTS ADVERTISED IN THIS BOOK

WRITE EXTRA RECIPES HERE

MEAT
FISH
POULTRY

HOUSEHOLD HINTS

To eliminate cabbage odor from cooking cabbage drop a whole walnut into the boiling water.

To keep vegetables, spaghetti, macaroni or rice from boiling over rub a small piece of butter around the edge of the pan.

You can give extra gloss to linoleum by adding a little clothes starch to the mop water.

Pick up tiny pieces of broken glass with a wad of damp cotton or tissue.

To keep lard from spattering while frying sprinkle in a little salt.

Tough meat can be tenderized without affecting flavor by the addition of several drops of vinegar while cooking.

Salt may be kept dry by placing the shaker over the pilot light on a gas range or by placing on the burner of an electric stove shortly after current has been turned off.

String beans will be easier to string if crisped in the refrigerator a few hours before stringing.

Protect your curtains in the washing machine by first placing them in a pillow slip.

Colored cotton fabrics, which have been soaked overnight in strong salt water, will not fade.

Onion odor may be removed from the hands by rubbing the hands with damp salt.

HAM LOAF

Contributed

1 lb. smoked ham, ground
1 lb. fresh ham, ground
9 soda crackers, rolled
3 eggs, beaten
pepper (no salt)
1/2 c. rich milk or cream
1/2 green pepper, ground
1 medium-sized onion, ground
1 c. strained tomatoes

Mix and bake slowly 1-1/2 hours.

MUSTARD SAUCE

Contributed

4 tsp. DRY MUSTARD
2 tsp. sugar mixed with two eggs
Add:
1 tsp. salt
4 Tbsp. vinegar
2 Tbsp. water
1 Tbsp. butter

Set pan in hot water and beat with egg beater until thick, like salad dressing. Thin with a little cream. Before using, add thick or whipped cream. (This can be kept for weeks in a cool place).

TAMALE PIE

Mrs. Harvey Parks

2-1/2 lbs. ground beef
1/2 lb. ground lean pork
2 cans tomato soup
1 can milk
1 can corn
1 c. ripe olives (seeded and chopped)
5 to 6 Tbsp. chili powder
1 Tbsp. salt
1 medium onion
1 clove garlic (if liked)
3/4 c. mazola oil and
1 Tbsp. butter

Fry meat in oil and butter with chili powder, onion and salt until blood is cooked, but do not brown. Mix corn, olives, soup and milk. Beat 2 eggs in bowl and add 2 c. milk and 2 c. yellow corn meal. Put all together and mix thoroughly. Bake in bread pan very slowly one hour. Serves 20. Serve with green vegetable or combination salad.

BARBECUED RIBS

Mrs. H. E. Stucky

3 lbs. ribs, cut in serving pieces
1/4 c. lemon juice, or
1 lemon sliced

BARBECUED RIBS (Cont'd.)

1 to 2 Tbsp. liquid smoke
1 c. catsup
1/4 c. Worcestershire sauce
1 tsp. salt
1 tsp. chili powder
1 c. water
1 tsp. celery seed

Place ribs in shallow pan, meaty side up, brush with liquid smoke. Roast in hot oven (450 degrees) 30 minutes. Combine remaining ingredients; heat to boiling and pour over ribs. Continue baking in moderate oven (350 degrees) 1 hour, or until tender. Baste with sauce every 15 to 20 minutes. Serves 5 to 6. The secret of their extra special flavor is the Tbsp. or 2 of liquid smoke.

CHILI CHEESE PIE — Neva (Peterson) Oliver

2 cans chile con carne, (without beans)
2 pkgs. corn chips
1/2 lb. cheddar cheese, grated
1 small onion, minced

Put most of your corn chips in bottom of baking dish (saving only enough to sprinkle over top). Pour in one can of chile, add the minced onion. Add part of the grated cheese. Add another can of chile. Top off with crushed corn chips and grated cheese. Bake in a moderate oven about 3/4 hour.

CASSEROLE DISH — Mrs. D. W. Galle

1 lb. frankfurters
1 No. 2 can cream-style
1/4 green pepper, chopped
1 tsp. dry mustard
1 c. medium white sauce
1/2 tsp. salt
1/8 tsp. pepper
buttered crumbs

Slice frankfurters one-inch thick. Mix with above and dot with buttered crumbs. Bake in a moderate oven 15 minutes.

STUFFED CHOPS — Ruth Schroeder

Split 6,1-inch chops through the center to the bone, making a pocket. Brown 1 chopped onion in 2 Tbsp. of butter. Add:

1 Tbsp. chopped green pepper
2 Tbsp. chopped celery
1 tsp. salt
2 c. soft bread crumbs

STUFFED CHOPS (Cont'd.)

enough water to moisten

Stuff chops and place in pan with a little water. Bake in moderate oven until tender.

DELICIOUS PORK CHOPS — Mrs. R. T. Pitts

Spread small chops lightly on both sides with prepared mustard, flour lightly and season. Fry to a light brown. Place in casserole or roaster and pour over one can of chicken soup (with rice). Bake in slow oven. Wonderful when served with baked potatoes and vegetable salad.

MIXED GRILL — Mrs. W. J. Novak

1-1/2 lb. round steak, ground
1 tsp. prepared mustard
1 small onion, minced
1 tsp. salt
4 Tbsp. melted butter, or margarine
1/8 tsp. pepper
6 bananas
3 tomatoes

Combine meat, mustard, minced onion, salt and pepper. Form into flat round cakes. Peel bananas and cut washed tomatoes in halves crosswise. Brush bananas, meat cakes and tomatoes with melted butter. Sprinkle tomatoes with salt and pepper. Then arrange meat cakes, bananas and tomato halves on a broiler rack and cook about 12 minutes in the broiler oven which has been preheated 10 minutes. Turn bananas once. Serves six.

MEAT PIE — Mrs. W. J. Novak

Melt 2 Tbsp. shortening and add 1/4 c. sliced onions and cook until soft. Add:

1/2 can tomatoes
1/2 tsp. salt
1 lb. ground meat

and bring to a boil. Cover with the following mixture:

Sift together:

1-1/2 c. flour
3 tsp. B. powder
1/2 tsp. salt
1/4 tsp. pepper
1 tsp. celery salt
1 tsp. paprika

MEAT PIE (Cont'd.)

Mix in 3 Tbsp. shortening and add 3/4 c. milk. Bake 20 minutes at 475 degrees and turn upside down to serve.

HAM CASSEROLE — Mrs. Z. F. Huffman

2 medium-sized cooked potatoes, sliced
4 hard-cooked eggs, sliced
2 c. diced cooked ham
2 c. cooked asparagus, (frozen or canned)
2 c. white sauce
1 c. buttered crumbs

Arrange potatoes in casserole; cover with eggs and ham. Top with drained asparagus (reserve liquor from canned asparagus to use as part of liquid in white sauce). Season with salt and pepper. Add white sauce; top with crumbs. Bake in slow oven (300 degrees) for 30 minutes. Serves 6 to 8.

BEEF HASH CUPS — Mrs. Robt. E. Cane, Wichita, Kans.

1/3 c. finely-chopped onion
2/3 c. diced celery
2 Tbsp. fat
1-1/2 c. coarsely-ground left-over roast beef
1 c. evaporated milk
1 c. finely diced potatoes
3/4 c. dry bread crumbs
1/4 c. chopped parsley
1 tsp. salt
1/8 tsp. pepper

Cook onion and celery in hot fat until golden brown. Add to remaining ingredients; mix well. Pack in well-greased muffin pans and bake in moderately hot oven (400 degrees) 25 to 30 minutes. Makes 10 c. Serve with mushroom sauce. Heat one 10-1/2 oz. can condensed cream of mushroom soup.

PAUN HAUS OR SCRAPPLE

Boil some pork neck bones or spare ribs until the meat falls off the bones. Remove the meat, take off of bones and grind. Return to the liquor. Add salt to taste. Let boil again and stir in cornmeal (I mix my cornmeal with cold water first, then it does not lump), stirring constantly until it is the consistency of soft mush. Cook slowly for 1 hour,

PAUN HAUS OR SCRAPPLE (Cont'd.)

stirring often as it scorches easily. When cooked pour into a greased oblong tin; let cool. Cut in thin slices, roll in flour and fry brown. This can be used for breakfast with fried eggs. As a topping one can use butter or syrup. This keeps well for quite a long time.

HOT-BURGERS Mrs. A. R. Poe

20 lbs. hamburger
5 large onions

Cook in skillet until done. Put in pressure cooker. Add:

1 large bottle catsup
1 large can tomato juice
2 large cans tomatoes
1-1/2 lb. crushed crackers
chili powder, salt and pepper to taste

Mix, bring up to 10 lbs. pressure and then down. Serve on hot buns.

RECIPE FOR USING SCRAPS OF HAM Mrs. J. J. Allen

Grind the ham. Fill a baking dish about 1/2 full, then break 3 to 5 eggs on top of the ham (do not break the yolks), fill the dish with the ham. Put grated cheese on top and then pour top milk or light cream to fill the dish. Bake for about 45 minutes.

STEAK & ONION PIE Adele Goebel

1 c. onions, sliced
1/4 c. shortening
1 lb. round steak, cut in small pieces
1/4 c. flour
1/2 tsp. salt
1/8 tsp. pepper
1/2 tsp. paprika
dash of ginger
dash of allspice
2-$\frac{1}{2}$ c. boiling water
2 c. raw potatoes, sliced

Fry onions slowly in melted shortening until yellow. Remove onions; put meat in mixture of seasoning and spices. Brown in shortening. Add boiling water and simmer until meat is tender (about 1 hour). Add potatoes and cook ten minutes longer. Make an egg pastry, using:

STEAK & ONION PIE (Cont'd.)

1/2 tsp. salt
1 c. sifted flour
1 egg, slightly beaten
1/3 c. shortening

Pour meat in greased casserole. Lay cooked onions on top. Put pastry over top and seal edge. Bake in hot oven (450 degrees) for 30 minutes.

DUTCH MEAT LOAF — Mrs. Otto Bachman

1-1/2 lb. ground beef
1 onion, chopped
1/2 can Hunt's tomato sauce
1 egg, beaten
1/2 tsp. salt
1/4 tsp. pepper
1 c. bread crumbs

Mix all above ingredients; form into loaf. Place in shallow pan and start baking in moderate oven (350 degrees), while combining the following:

1/2 can Hunt's tomato sauce
2 Tbsp. prepared mustard
1 c. water
2 Tbsp. vinegar
2 Tbsp. brown sugar, or molasses

Pour over loaf. Bake 1 hour.

BARBECUED RIBS

Select 3 or 4 pounds meaty spareribs. Cut into servings. Sprinkle with 1 Tbsp. salt, 1/2 tsp. red pepper and 1/2 tsp. black pepper. Place in roaster, cover with 2 onions, sliced. Prepare sauce which is made of:

1 Tbsp. vinegar
2 Tbsp. Worcestershire sauce
1 tsp. paprika
1 tsp. chili powder
3/4 c. catsup
2/3 c. water
1/3 c. brown sugar, (can omit sugar)

Pour over ribs and bake in oven 300 degrees F. 2 or 3 hours.

SAUSAGE SURPRISE — Mrs. H. E. Stucky

2 c. cooked spinach
1 small chopped onion
1 c. chopped celery
grated cheese
1/2 lb. bulk pork sausage
1 egg

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SAUSAGE SURPRISE (Cont'd.)

Mix vegetables, crumbs, sausage, egg and salt; place in greased baking dish and sprinkle generously with cheese. Bake in moderate oven 350 degrees for 40 minutes. Serves 6-8.

DRIED BEEF CASSEROLE — Earla Travis

2 c. cooked noodles
2 Tbsp. butter
1 small onion, chopped fine
2 Tbsp. flour
1-1/2 c. milk
2 hard-cooked eggs, sliced
1 small glass (2-½ oz.) dried beef
green pepper (diced)
grated cheese

Melt butter in a sauce pan, add the chopped onion and green pepper, cook until tender and brown. Add the flour and mix smooth, then add the milk gradually and cook, stirring constantly, until thick and smooth. Add the cooked noodles, eggs and dried beef (torn into small pieces). Turn into a buttered casserole and cover with grated cheese. Bake at 350 degrees for 30 minutes.

HAM AND EGG PIE — Mrs. Jay Travis

2 c. cubed cooked ham
2 Tbsp. chopped onion
1/4 c. chopped celery
3 Tbsp. butter, or margarine
6 Tbsp. flour
2 c. milk
2 hard-cooked eggs
2 Tbsp. chopped green pepper

Brown onions and celery, add flour. Stir in milk. Cook until thick. Add quartered eggs and ham. Make a **rich** biscuit dough (1 c. flour). Cover casserole, bake 30 minutes. Serves 4.

OMELET — Mrs. Anna Neumamaker

6 eggs, beaten light
2 c. sweet milk
2 Tbsp. flour
1 tsp. B. powder

MEAT LOAF — Mrs. Esther Wedel

3 lbs. beef and 1 lb. pork, ground

4 eggs
1 c. toasted bread crumbs
1 c. tomato juice
1 small onion, diced

MEAT LOAF (Cont'd.)

salt, pepper 1 c. milk

Shape into loaf and bake.

BARBECUED FRANKFURTERS Mrs. W. J. Graber

Parboil 2 dozen frankfurters in 1/2 c. water. Prick and add to sauce made of:

1 onion (browned in 2 Tbsp. butter)
1 Tbsp. vinegar
3 Tbsp. lemon juice
2 Tbsp. Worcestershire sauce
2 Tbsp. brown sugar
1/2 Tbsp. prepared mustard
1 c. catchup
½ c. chopped celery
1 tsp. salt
pepper

Simmer sauce 30 minutes while parboiling weiners, then combine and bake weiners and sauce for 45 minutes at 350 degrees F.

SCHNEIDERLAPPEN (Tailors' Patches)
Mrs. Mary Schaeffler

Put on a soup bone and some soup meat to cook. Add salt, pepper, chopped parsley and bay leaves. When meat is tender, remove from kettle and take out bones. Run the meat through a food chopper with some parsley, onions and crackers. Then add 1 or 2 eggs, salt and pepper. Next make stiff noodles with eggs, flour and salt. Roll out on a board and cut in squares. Put 3 Tbsp. of the meat mixture in the center of a square. Close up the edges all around (or you can cut one large piece and just fold it over the mixture). Drop the squares into the soup stock and let cook until the dumplings are done. Serve in soup plates with the soup stock poured over the top. This is a whole meal in itself.

ONE DISH MEAL Mrs. J. C. Harder

Prepare cubed, creamed potatoes. Pile these center of serving platter. Arrange fried link sausages around edge of potatoes. Pour sauce over potatoes and meat.

SAUCE:

1/3 c. diced celery
1/2 c. catsup
1 Tbsp. vinegar
dash of Worcestershire sauce, (optional)

Let come to a boil and cook to the original consistency of catsup. Celery will remain raw.

HAMBURGER CREOLE — Mrs. W. J. Novak

1-1/2 lb. chopped beef, round
2 Tbsp. chopped onions
1 tsp. salt
2 Tbsp. chopped peppers, (green)
2 Tbsp. chopped celery
1/4 tsp. paprika
1 egg
1/2 c. flour
2 c. tomatoes
2 Tbsp. butter

Mix beef, salt, onions, peppers, celery, paprika and egg together. Shape into six cakes. Roll in flour and fit into baking pan. Add tomatoes and butter. Bake 15 minutes in moderate oven. Cover and bake 25 minutes. Baste several times during baking.

SALMON SOUFFLE' — Mrs. Ruby LaGree
(6 servings)

1 lb. can salmon
2 eggs
1 Tbsp. onion, chopped fine
2 Tbsp. chopped parsley
1 Tbsp. lemon juice

WHITE SAUCE:

2 Tbsp. butter
2 Tbsp. flour
1/16 tsp. pepper
1 c. milk
1/4 tsp. salt

Melt butter, blend with the flour; add milk and stir until thick. Pour gradually over beaten egg yolk. Let cool. Add parsley, onion and lemon juice to the salmon, then combine with the white sauce and fold in stiffly-beaten egg whites. Pour into buttered baking dish and bake for 30 minutes at 325 degrees F.

SHRIMP CREOLE — Mrs. Ralph Conover

1 c. chopped onions
1 c. chopped sweet green peppers
½ c. chopped celery
2 c. sliced okra

SHRIMP CREOLE (Cont'd.)

Cook in a few Tbsp. salad oil 10 minutes and add:

1 tsp. salt
1 tsp. sugar
1 Tbsp. chili pepper, or hot red pepper
1 Tbsp. flour
1 c. water
2 c. tomatoes
2 c. okra
1 Tbsp. vinegar
2 c. shrimp (fresh or frozen)

Simmer over low heat 15 minutes and serve on mound of rice.

TUNA CASSEROLE — Mrs. John P. Graber

1 can tuna
1 large size pkg. potato chips, (crush lightly)
1 can mushroom soup
1 c. milk
dash pepper
little salt (if necessary)

Mix tuna fish with 1/2 pkg. potato chips and rest of ingredients. Put in buttered baking dish and sprinkle rest of potato chips on top. Bake slowly at 325 degrees about 45 minutes.

CRABMEAT DELMONICO — Mrs. N. W. Krehbiel

Flake the fish, 2-1/2 c. crabmeat, lobster or shrimp. Heat 1 can Campbell's Cream of Mushroom Soup to a boiling point. Add 1 Tbsp. flour blended in smoothly with 2 Tbsp. milk. Blend fish lightly with sauce and simmer over hot water until heated. Fill sea shells or ramekins and cover with butterd crumbs. Bake for 30 minutes at 350 degrees.

MACARONI SCALLOP — Mrs. Z. F. Huffman

2 c. cooked macaroni
1 1-lb. can salmon, flaked
1 Tbsp. chopped onion
salt to taste
1 Tbsp. chopped green pepper
1-1/2 c. thin white sauce
buttered crumbs

Alternate layers of macaroni and salmon in greased casserole; sprinkle each layer with onion, green pepper and salt. Pour over white sauce; top with crumbs; bake in moderate oven (350 degrees) 30 minutes. Serves 6.

BAKED FISH — Mrs. W. J. Novak

Brown fish quickly in skillet. Place in pan. Cover with strips of salt pork and slices of onion. Season to taste. Put a little water in the pan, cover and bake about 45 minutes or until tender and well done.

SALMON OR TUNA FISH LOAF — Mrs. C. C. Griffin

1/4 c. cold water
1 Tbsp. Knox gelatine
yolks of 2 eggs
1 tsp. salt
1 can salmon or tuna
3/4 c. milk
1-1/2 Tbsp. melted butter
2 Tbsp. milk, vinegar, or lemon juice
1 tsp. mustard
few grains paprika

Soak gelatine in cold water five minutes. Mix egg yolks slightly beaten, with salt, mustard and paprika; then add butter, milk and vinegar. Cook in double boiler, stirring constantly, until mixture thickens. Add soaked gelatine and salmon, separated into flakes. Turn into wet mold, chill and remove to bed of crisp lettuce leaves. Makes either a very good ice box meat dish or meat salad.

CHICKEN LOAF — Mrs. Z. F. Huffman

4 c. diced chicken
1-1/2 c. milk
1/4 tsp. pepper
1 small onion
1-$\frac{1}{2}$ c. chicken stock
1-1/2 tsp. salt
2 c. soft bread crumbs
2 beaten eggs

Combine all ingredients. Bake in a greased pan at 350 degrees for one hour. Serve with Mushroom Sauce - Heat 1 10-1/2 ounce can condensed cream of mushroom soup.

CHICKEN PERLUE — Mrs. I. R. Weaver

Cut up one chicken and cook in 7 c. of water until nearly done. Cook 2 c. rice. Take the chicken out of the kettle. Pour the liquid out and measure to be sure to have 6 c. of liquid. Add water if necessary. Salt to taste. Place chicken back in the kettle, bony pieces first, then put on a layer of rice, then more chicken and another layer of rice until all is used. Pour on the liquid, cover tight and return to fire and bring to a boil, then lower

CHICKEN PERLUE (Cont'd.)

the fire and simmer one hour. Remove the lid and let the steam out. Serve while hot. Should serve ten people.

WRITE EXTRA RECIPES HERE

VEGETABLES

CANNING CALENDAR

NOTE: Based on an over-all average of the U.S. and will vary in different sections of the country.

FRUITS	
APPLES:	June - October
APRICOTS:	May - September
BLACKBERRIES:	May - August
CHERRIES:	May - August
CURRANTS:	June - August
GOOSEBERRIES:	June - August
GRAPES:	June - October
PEACHES:	June - October
PEARS:	August - October
PLUMS:	June - October
RASPBERRIES:	May - September
RHUBARB:	May - August
STRAWBERRIES:	May - September

VEGETABLES	
ASPARAGUS:	May - June
BEANS (LIMA):	May - October
BEANS (GREEN, WAX):	May - September
BEETS:	May - October
CABBAGE:	May - October
CAULIFLOWER:	May - October
CORN:	June - September
CUCUMBERS:	May - October
ONIONS:	May - October
PEAS:	May - October
SPINACH:	May - October
SWEET POTATOES:	June - October
TOMATOES:	May - October

VEGETABLES

ASPARAGUS WITH CHEESE SAUCE — Mrs. Wesley Pezley, Ft. Madison, Iowa

1 lb. fresh asparagus
2 Tbsp. butter
2 Tbsp. flour
1 c. milk
salt and pepper
1 c. grated cheese
4 slices bacon, chopped
4 slices toast

Cook asparagus in boiling, salted water until tender. Make white sauce of butter, flour, milk and seasonings. Add cheese and stir until melted. Fry bacon until crisp; drain on absorbent paper. Arrange drained asparagus on toast; pour over cheese sauce and sprinkle with bits of bacon. Garnish with parsley. Serves 4.

ONION RINGS IN BATTER — Gail Regier

large onions - cut crosswise into 1/4-inch slices. Separate slices into rings.

Beat:
2 egg yolks
Add:
1/2 c. milk
3/4 c. flour
1/2 tsp. salt

Drop onion rings into batter, one at a time. Fry in deep fat 395 degrees. Drain. Serve hot. Makes 6 servings.

EGGPLANT SOUFFLE' — Mrs. P. J. Buehler

Peel 1 medium-sized eggplant, cut in dice, cook until tender and mash. Make a cream sauce. Add:

eggplant
1/2 c. grated cheese
3/4 c. soft bread crumbs
2 tsp. grated onion
1 Tbsp. catchup
1 tsp. salt
2 egg yolks, beaten

Last fold in 2 egg whites beaten stiff. Put in greased baking dish set in a pan of water. Bake 45 minutes.

STEWED MUSHROOMS — Mrs. W. J. Novak

Put 1/2 Tbsp. butter in pan, add 1 Tbsp. flour;

STEWED MUSHROOMS'' (Cont'd.)

smooth and add 1 c. milk. Boil and add 1 can mushrooms. Stir until well heated, remove from fire and add beaten yolk of one egg. Canned mushrooms are already cooked and second cooking toughens them.

EGG PLANT PATTIES — Mrs. W. J. Novak

Pare a medium-sized egg plant, cut in chunks and boil until tender. Drain. Add:

2 beaten eggs
pinch of salt
1/2 tsp. B. powder
enough flour (2 or 3 Tbsp.), to make a soft batter

Drop by Tbsp. on hot griddle or in frying pan and fry as you would potato patties.

FAVORITE BAKED BEANS — Mrs. Milford E. Greer

2 c. small navy beans
1 Tbsp. salt
1/8 tsp. pepper
3/4 c. brown sugar
3/4 c. ketchup
1 small onion
1/4 tsp. cinnamon
4 slices bacon

Parboil beans in water with 1/2 tsp. soda added for about 30 minutes. Drain. Add fresh water and continue cooking. Add salt and pepper. When tender add remaining ingredients and bake in a slow oven 300 degrees four hours or until done. Total time: approximately 5-1/2 hours.

BAKED CORN — Mrs. Herbert Kutnick

1 can corn
2 eggs, slightly beaten
salt & pepper to taste
2 Tbsp. flour
1 Tbsp. sugar
1 Tbsp. butter
1 c. milk

Bake 40 minutes in moderate oven.

BROCCOLI — Mrs. J. C. Harder

Remove outer leaves and tough part of stalks. Cut remaining stalks in 1-inch pieces. Wash all thoroughly. Put stalks in boiling salted water several minutes before adding flowerletts. Cook only until tender. Drain. Add butter and lemon

juice or prepare a sauce of two parts mayonnaise to one part chili sauce. Heat this mixture and pour over vegetable which has been seasoned with lemon juice.

CREOLE GREEN BEANS — Mrs. W. A. Goering

1 Tbsp. chopped onion
2 Tbsp. salad oil, or shortening
1/3 c. chili sauce
1/2 tsp. salt
1 No. 2 can green beans

Cook the onion in oil. Add the chili sauce, salt and onion to the beans. Heat thoroughly.

FRENCH FRIED CARROTS — Rachel Odren

Combine 2 c. cooked and mashed carrots and 1 tsp. salt; form into 12 small balls. Roll balls in 1 c. dry bread or cracker crumbs; dip in a mixture of 1 beaten egg and 1 Tbsp. water, then roll again in crumbs. Fry carrot balls in deep hot fat for 3 minutes or until brown and serve hot.

FRIED ONIONS — Mrs. M. Sandwell

If the onions are large, cut them in quarters first and then across in small pieces. The small ones may be cut in rings; put them in a skillet with a little dripping, or salt pork fat, to keep them from sticking; cover for 10 minutes to partly stew them, then uncover and stir them until they are a nice yellow brown. (Butter may be used in frying onions if preferred, but anything fried with butter must be closely watched as it is more likely than other fat to scorch.)

EGGPLANT WITH TOMATO — Mrs. F. B. Regier

Peel and slice (1 in. thick) 1 egg plant. Roll in flour and salt, then brown in deep hot fat. Place slices in casserole. Add 1 medium-sized onion, sliced. Pour over 1 (No. 2) can of tomatoes, add salt to tomatoes, and bake for 1-1/2 hours in moderate oven, reducing heat.

STUFFED CABBAGE — Mrs. A. R. Poe

1-1/2 lb. ground ham
1/2 lb. ground pork
1/2 c. cracker crumbs
salt and pepper to taste

STUFFED CABBAGE (Cont'd.)

1/2 c. milk
1 egg
1 medium cabbage

Trim cabbage, cut out stalk and scoop out center, leaving thick, hollow shell. Mix ingredients and pack in cabbage shell. Tie firmly in a cheese-cloth bag. Steam 1-1/2 hours. Remove cloth and serve hot with tomato sauce.

ESCALLOPED POTATOES — Mrs. George Auxier

3 Tbsp. butter
3/4 c. fine dry bread crumbs
6 raw sliced potatoes
1 c. diced cheese
1 tsp. salt
1-1/2 c. milk

Melt butter; add dry crumbs and mix well. Butter casserole, arrange layer of potatoes in casserole, sprinkle with buttered crumbs and cheese. Alternate layers. Add salt to milk, pour over potatoes. Top with crumbs and cheese. Sprinkle with paprika if desired or black pepper. Cover, bake 30 minutes in preheated oven, remove cover and brown. Serves 4-6.

CORN PUDDING — Sue Showalter

2 c. thin cream
2 egg yolks
2 Tbsp. sugar
1 tsp. salt
1/4 tsp. pepper
2/c. corn (fresh or whole kernel, canned)

Cook until thick, then fold in stiffly-beaten egg whites. Pour in greased baking dish. Bake in moderate oven 350 degrees 35 minutes.

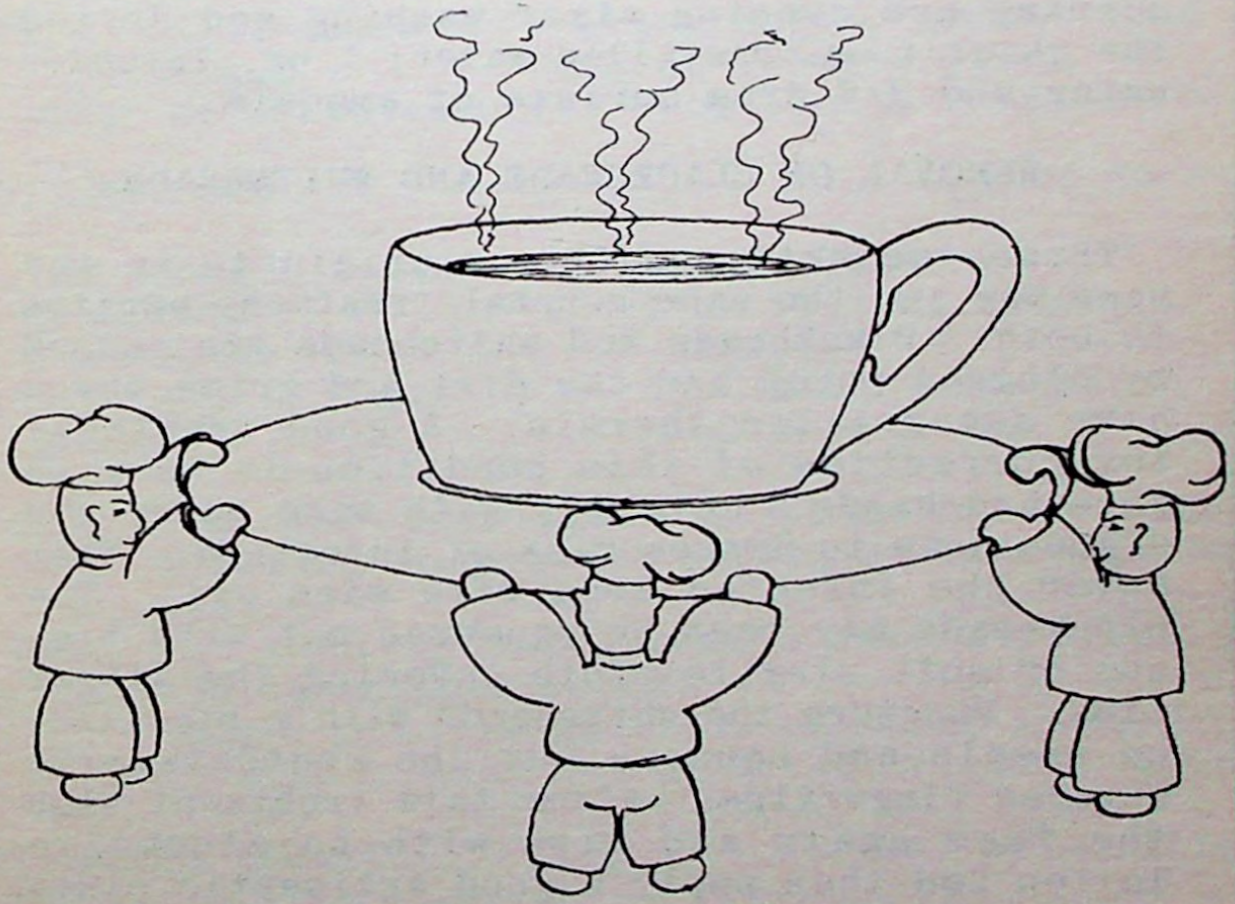
P A T R O N I Z E

M E R C H A N T S

A D V E R T I S E D

I N T H I S B O O K

BEVERAGES



BEAUTY HINTS

BY JULIAN

REMOVAL OF FRECKLES

In the first place there will be less need to remove freckles if care is taken to keep the face well shaded when in the sun. A harmless and effective bleach for freckles is to cover them with lemon juice or buttermilk each evening just before retiring after the face has been carefully washed and dried. Another effective lotion may be made by mixing equal portions of lemon juice and peroxide. These should be left on overnight. If the freckles are very heavy and your skin is not unusually sensitive the following preparation may be used morning and evening after washing and drying the skin: 4 oz. distilled water; 1 oz. lavender water and 3/8 dram muriate of ammonia.

REMOVAL OF BLACKHEADS AND WHITEHEADS

These two skin conditions originate in the same way and the same general treatment applies to both. Blackheads and whiteheads are caused by clogged pores and the dirt and grime which have accumulated therein. A good treatment for correction of this condition is to wash face and hands thoroughly with warm water and a good soap to lessen risk of infection. Then cover the infected area with warm oil. The blackheads may then be squeezed out with tissue or soft sterile cloth covering the finger tips. Puncture the whiteheads with a sterilized needle and squeeze out the contents with covered fingertips. After this treatment wash the face again and wipe with an alcoholic lotion and then apply a good antiseptic ointment which should be left on overnight.

BEVERAGES

TOMATO JUICE COCKTAIL — Mrs. E. J. Buehler

1 large can of tomato juice
top of 3 stalks of celery 8 whole cloves

Boil the above 15 minutes. Strain, add to the juice one clove of garlic and seal in fruit jar while hot. After 3 or 4 hours remove garlic. Chill and it is ready for use.

TOMATO JUICE — Fae Vetter

Wash tomatoes and quarter. Do not peel. Put in pan with water but do not cover with water. Cook until soft. Rub through sieve, food mill or colander. Put juice on stove, bring to boil, pour in sterilized jars. Put 1 tsp. of salt in each quart jar before sealing.

SAUCE FOR SEAFOOD COCKTAIL — Mrs. N. W. Krehbiel

1/2 c. chili sauce
1/4 c. catsup
1 Tbsp. horseradish
1 green onion, ground fine
dash of Tabasco sauce
few drops Lea & Perrins sauce

FRENCH CHOCOLATE — Grayce Goertz

2-1/2 squares bitter chocolate
1/3 c. water
2/3 to 3/4 c. sugar
pinch salt
1 tsp. vanilla
1 c. whipped cream, whipped
4 c. milk (may use skimmed milk)

1st: Cook the chocolate with water until thick, stirring to prevent sticking; add sugar and salt.
2nd: Let boil up once; remove from fire; chill.
3rd: Fold in whipped cream.
4th: Place a generous spoonful of sauce in serving c. Fill c. with hot milk. Stir until mixed.

CRANBERRY COCKTAIL — Mrs. J. J. Allen

3 c. cranberries
3 c. water
1 c. sugar
1 bottle gingerale

Boil cranberries in the water until soft, strain,

CRANBERRY COCKTAIL (Cont'd.)

add sugar to the juice and reheat. Chill. Add gingerale when ready to serve. Juice can be prepared early and kept cool.

GRAPE JUICE — Joan Regier

Put 1 large c. of grapes into a quart jar; add 2/3 c. of sugar; fill jar with boiling water and seal.

WRITE EXTRA RECIPES HERE

BREAD
ROLLS
PASTRY

BEAUTY HINTS

BY JULIAN

TIPS FOR THE STOUT WOMAN

Avoid dainty and spindly chairs and furniture which serve to accentuate your bigness.

Hats with wide and slanting brims are usually best.

Wear gloves which match the sleeves in color.

Avoid shoes with heels too high and slender and dark colored shoes are usually better than light ones.

Use fine textured stockings as dark as the current fashion allows.

Use a medium size handbag preferably square or rectangular. Too small a bag emphasizes your stoutness and too large a bag may look too bulky.

If you carry an umbrella use a long slender one.

Always select dresses with long straight lines which make you appear slimmer. Wear skirts and dresses as long as the fashion will allow.

TIPS FOR THE TALL WOMAN

Never make the mistake of trying to walk or stand in a slouched or bent over position in an effort to minimize your height.

Always wear your hair as flat as it can be made on top

Wear hats with shallow crowns and large droopy brims. Hat trimmings should be horizontal.

Gloves should be of a different color than the sleeves and the same applies to hosiery.

Wear low heels except with formal clothes.

Handbags should be large and of a contrasting color.

Long haired furs are very suitable.

Avoid plain straight dresses. Contrasting bands in blouse and skirt are good. If the dress is all of one color set off with a broad belt of a contrasting color.

WHITE BREAD QUICK METHOD — Mrs. Joe Sandwell

1 Composition yeast cake
2 Tbsp. sugar
2 tsp. salt
3 quarts flour
1 qt. lukewarm water, or milk, scalded & cooled
2 Tbsp. melted shortening

Work yeast and sugar together with back of spoon until they liquify. Add them to the liquid with salt, shortening and 1/2 of the flour. Beat until smooth and then add remainder of flour or enough to make a dough that can be handled easily. Knead until smooth and elastic. Turn smooth side uppermost in bowl, brush lightly with melted shortening and set to rise in moderately warm place until doubled in bulk, about 3 hours. Turn onto floured board, divide into 4 parts, knead a little to break gas bubbles, let raise another hour.

ORANGE ROLLS — Mrs. J. J. Allen

1 cake compressed yeast
1-1/2 c. lukewarm water
2/3 c. shortening
1 c. mashed potatoes
2/3 c. sugar
1 tsp. salt
2 eggs

Measure 7-1/2 c. of flour after sifted.

Mix until dough is smooth. Let rise, punch down and cover tightly in icebox. Use as desired.

DRESSING FOR ORANGE ROLLS:

1 c. butter
1/2 c. orange juice, and pulp
a little grated rind, to suit taste
2 Tbsp. butter

Cook sugar and juice 3 minutes. Add butter and rind and cook until slightly thickened. Cool. Roll out dough and spread with orange mixture (like a jelly roll). Slice in 1-inch slices and place in greased pan or muffin tins. Let rise. When baked take out of pans, turn upside down.

ICE BOX ROLLS — Ena Mae Roth

1/2 c. shortening
1 c. mashed potatoes
2 c. potato water
1 tsp. salt (heaping)
1 cake yeast
1/2 c. sugar
7 or 8 c. flour

Add shortening, sugar, salt to mashed potatoes. Dissolve yeast in potato water (not hot). Add flour, knead until smooth and let rise once. Work down and put in ice box. This can be used for a week or 10 days. Take from ice box and make as many rolls as desired, brush with butter and let stand at room temperature at least two hours or until light. Bake 15 minutes at 400 degrees.

QUICK BUTTERMILK ROLLS — Mrs. Mabel Razook

Mix together until shortening is soft:

1 c. lukewarm thick buttermilk
3 Tbsp. shortening
1 tsp. sugar
1/4 tsp. soda

Crumble into mixture:

1 cake compressed yeast

Stir until dissolved. Sift together:

2-1/2 c. sifted flour
1 tsp. double action B. powder
1 tsp. salt

Mix in with hands (adding in two additions) and using 1/4 c. additional flour, if necessary, to make dough easy to handle. Turn dough into lightly floured board. Cover, let stand 10 minutes to tighten up, then knead until smooth and elastic. Mold into clover leaf rolls by forming bits of dough into balls about 1 inch in diameter. Place 3 balls in each of 18 greased muffin cups. Cover with damp cloth--let raise at 85 degrees until double in bulk (about 1-1/4 hours). Bake 15-20 minutes in moderately hot oven (400 degrees). Makes about 1-1/2 dozen rolls.

EVER READY ROLLS — Mildred Regier

1 cake or more of yeast
1-1/2 c. scalded milk
1/2 c. sugar
1/2 c. shortening
2 eggs, beaten
1 Tbsp. salt
1 tsp. vanilla

EVER READY ROLLS (Cont'd.)

flour to make a dough that will not stick to sides of pan. For raised doughnuts, just enough flour that can still be worked with a spoon.

Dissolve yeast in 1/3 c. warm water. Cream sugar, shortening, salt, vanilla and eggs. Add milk when cooled. Add flour.

QUICK CRESCENT ROLLS — Mrs. Dan T. Stucky

Heat:

1-1/2 c. milk	6 Tbsp. shortening
2 Tbsp. sugar	1 tsp. salt

Cool to lukewarm and add 2 cakes of yeast. Stir until dissolved. Add 4 c. flour, 2 c. at a time. Let rise 45 minutes. Divide in half and raise each section. Spread with melted butter, cut in pie-shaped wedges and roll from large end in. Let rise 20 minutes and bake at 400 degrees F.

HOT CROSS BUNS — Mrs. D. L. Harder

Combine:

1 c. scalded milk	1/3 c. sugar
1/4 c. fat	1 tsp. salt

Cool to lukewarm. Mix 1 tsp. sugar with 1 compressed yeast cake softened in 1/4 c. lukewarm water and add. Then add:

1 beaten egg	1/2 of small can or box of citron, (optional)
1/4 c. raisins	
1/4 c. currants	
3/4 tsp. cinnamon	

1/4 tsp. allspice sifted with as much flour as can be stirred in dough (3-1/2 to 4-1/2 c.)

Place in a greased bowl, cover and let rise in a warm place (75 degrees to 85 degrees F.) until double in bulk. Knead and shape into 2-inch balls and arrange in greased pan (x 9" x 1-1/2"). Brush each bun with egg white or melted shortening, cover and let rise until double in bulk. Snip a deep cross in the top of each bun with scissors. Bake in 400 degree F. oven for 20 or 30 minutes, cool and fill the cross on top of each bun with white icing. Makes about 2 dozen buns.

ZWEIBACH — Rachel Odren

1 cake yeast
1/2 c. warm water
1/3 c. sugar
3-1/2 c. scalded milk
4 tsp. salt
1 c. (scant) shortening

Soak yeast in water with part of sugar. Pour milk over shortening. When cool add sugar and salt. Add the yeast mixture and 10 c. of flour. Let rise until double in bulk (about 2 hours). Knead and let stand another hour. Put in pans and let raise until double in bulk (about 1 hour). Bake in hot oven (375 degrees) 20 to 25 minutes.

ZWEIBACH — Mrs. D. E. Harder

2 c. sweet milk
2 tsp. salt
1 cake yeast
1 scant c. shortening, (butter & crisco)

Soak yeast in 1/4 c. warm water with 2 Tbsp. sugar. Scald milk and when cool, add dissolved yeast, salt and shortening. Add flour enough to make a not too hard dough. Let rise until double in bulk. Punch down. Let rise again, then pinch small pieces,off, put on pan and let rise. Place one on top of the other and bake at 450 degrees.

COWBOY COFFEE CAKE — Mrs. Lester Westerman

2-1/2 c. flour
1/2 tsp. salt
2 c. brown sugar
2/3 c. shortening
2 tsp. B. powder
1/2 tsp. soda
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1 c. sour milk
2 well-beaten eggs

Combine flour, salt, sugar and shortening; mix until crumbly. Reserve 1/2 c. of this mixture to sprinkle over batter. To remaining crumbs add baking powder, soda and spices; mix thoroughly. Add milk and eggs and mix well. Pour into waxed paper lined 8-inch pans; sprinkle with reserved crumbs; chopped nut meats and cinnamon may be sprinkled over crumbs. Bake in moderately hot oven (375 degrees) 25 or 30 minutes.

BLUEBERRY COFFEE CAKE — Mrs. E. P. Durst
(Canned blueberries may be used)

BLUEBERRY COFFEE CAKE (Cont'd.)

Sift together:
1-1/2 c. sifted all-purpose flour
1/2 c. sugar
3 tsp. double-action B. powder
1/2 tsp. salt

Mix together:
1 egg, well beaten
1/2 c. milk
1 tsp. grated lemon rind

Stir into dry ingredients, and just before completely blended, add 1/4 c. shortening, melted and cooled. Stir just enough to mix ingredients.

Blend in carefully:
1 c. washed and well-drained blueberries, (or 3/4 c. well-drained canned berries).

Pour into greased 6 x 10" baking dish. Bake about 25 minutes in hot oven (425 degrees). Makes 12 squares. (1/2 c. nuts may be sprinkled on top of batter before baking).

SUPERB DOUGHNUTS — Katie Reusser

Mix together thoroughly:
2 Tbsp. soft shortening
4 egg yolks or 2 whole eggs
3/4 c. sugar

Sift together:
3-1/2 c. flour
4 tsp. double-action B. powder
1-1/2 tsp. salt
1/2 tsp. nutmeg
1/2 tsp. mace
1/4 tsp. cinnamon

Stir in alternately with 1 c. milk. Fry until brown in hot fat (375 degrees).

TEA DOUGHNUTS — Grayce Goertz
(About 3 doz. small doughnuts)

Time: 3-5 minutes
Temp: 170 degrees C. Deep. Fat.

2 eggs
1 c. milk
1 tsp. vanilla
1/2 tsp. salt
3 c. sifted all-purpose flour
2 Tbsp. melted fat or oil
4 tsp. double-acting B. powder
2/3 c. sugar

TEA DOUGHNUTS (Cont'd.)

1st: Beat eggs, add milk and vanilla; beat together.
2nd: Sift dry ingredients together; add to milk and egg. Mix to blend thoroughly, but do not beat.
3rd: Stir melted fat into doughnut batter.
4th: Dip tsp. into hot fat, then dip up a spoonful of batter; quickly immerse spoon into hot fat and drop off the batter.
5th: Turn doughnut balls when they come to surface.
6th: Fry only 4 doughnuts at a time. Drain on absorbent paper.
7th: Dip doughnuts into thin powdered sugar frosting on one side, then into chopped nuts or toasted coconut.

DOUGHNUTS (GREASELESS) Mrs. Josephine Smith

Combine:
3 beaten eggs
1 c. sugar
1 pt. sweet milk
1/2 tsp. salt
1 tsp. vanilla
2 heaping tsp. B. powder - sifted with
2 c. flour

Add more flour if needed to make a medium soft dough. Roll 1/2-inch thick and cut. Fry in deep hot lard to a golden brown.

RAISED DOUGHNUTS Gladys Henry

Ingredients:
1-1/2 c. lukewarm potato water or milk
1 cake yeast
4 c. flour (or enough to make soft dough)
1/2 c. sugar
1/3 c. shortening, or melted butter
1-1/2 tsp. salt
2 eggs

Dissolve yeast and sugar in lukewarm liquid. Add melted shortening or butter. Add 1 c. flour and beat well with egg beater. Next add salt, eggs and beat again. Add remainder of flour and knead. Put in greased bowl and place in a warm place to raise. When a little more than double in bulk (takes about two hours), work down and immediately roll out to about 3/4-inch thick. Cut with cookie cutter and place on a floured board. Let raise again. Then fry in deep fat.

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STEAMED BOSTON BROWN BREAD — Bette Roth

1 c. whole wheat flour, (unsifted)
1 c. rye flour (unsifted)
1 c. corn meal
1-1/2 tsp. baking soda
1-1/2 tsp. salt
3/4 c. molasses
2 c. sour milk, or buttermilk

Combine dry ingredients. Stir in molasses and sour milk. Grease a putting mold and fill 2/3 full, then close closely. Set mold in rack in large kettle. Pour in boiling water to half the depth of mold. Cover tightly and steam 3-1/2 hours. Serve hot. (1 c. seeded raisins may be added to dry ingredients).

BANANA BREAD — Mrs. I. B. Gray

1 c. sugar
1/2 c. butter
3 bananas (sliced)
2 well-beaten eggs
1 pinch of salt

Mix together 1 stp. sour milk or water, 1 tsp. soda
1 tsp. vanilla
1-1/2 c. flour
nuts.

Mix in order listed. Bake at 350 degrees for one hour.

MUFFINS — Rachel Odren

2 c. flour
4 Tbsp. sugar
3 Tbsp. melted shortening
1 c. milk
3 tsp. B. powder
1/2 tsp. salt
1 egg, well-beaten

Sift flour, measure and sift with baking powder and salt. Combine egg, shortening, milk and sugar. Add dry ingredients. Beat only until smooth. Fill well-oiled muffin tins 2/3rd's full. Bake in hot oven 425 degrees 15-20 minutes. 10 servings.

CHOCOLATE WAFFLES — Mrs. C. C. Griffin

1/4 c. butter
3/4 c. sugar
2 eggs
1/2 tsp. vanilla
2/3 c. flour
1-1/2 tsp. B. powder
1/8 tsp. salt
6 Tbsp. cocoa
1/4 to 1/2 c. milk, (as much as needed)

Cream shortening. Gradually work in sugar and

CHOCOLATE WAFFLES (Cont'd.)

add beaten egg yolks with vanilla. Sift dry ingredients together and add alternately with milk. Fold in stiffly beaten egg whites and bake about 5 minutes in hot waffle iron. Serve with vanilla ice cream.

WAFFLES — Gail Regier

1-1/2 c. flour
1/2 tsp. salt
3 tsp. B. powder
1 c. milk
2 eggs (separated)
1 Tbsp. shortening (m)

Mix the flour, salt and baking powder. Add milk gradually, then egg yolks. Beat mixture well; add stiffly-beaten whites and the melted shortening.

RAISIN FRITTERS — Mrs. Elizabeth Unruh

1 cake fresh or 1 pkg. granular yeast
1/2 c. lukewarm water
1 tsp. sugar
1-1/2 tsp. salt
1/2 c. milk
4 well-beaten eggs
2-1/2 c. flour
1-3/4 c. seedless raisins

Soften yeast in water to which sugar has been added; let set 5 to 10 minutes. Add milk and eggs. Sift salt with flour, add to mixture and beat until smooth. Add raisins, let rise 2 hours. Drop by spoonsful into deep, hot Spry or Crisco. Fry until brown.

CREAM PUFFS — Gail Regier

Stir 1/4 c. butter into 1/2 c. boiling water. Add 1/2 c. all-purpose flour and 1/4 tsp. salt. Cook and stir until mixture is thick and leaves the side of the pan. Cook 1 minute. Add 2 eggs (unbeaten), one at a time. Beat hard after each addition until well mixed. Drop by Tbsp. on greased pie tin or cookie sheet. Bake at 450 degrees for 10 minutes, then at 400 degrees for 25 minutes. Makes 8 to 10 cream puffs.

MINCEMEAT COOKIES — Mrs. Harold Mueller

3 c. shortening
1-1/2 c. brown sugar
1/4 tsp. salt
2 eggs (unbeaten)
1 tsp. soda
1-1/2 c. mincemeat
4 c. flour

MINCEMEAT COOKIES (Cont'd.)

Cream shortening, sugar and salt. Add 2 eggs (one at a time) and beat thoroughly. Add 1 tsp. soda and 1-1/2 c. mincemeat, then enough flour to make a stiff dough. Roll out and bake 15 to 20 minutes in 450 degree oven. If an electric mixer is used the last c. of flour may have to be folded in by hand. These cookies keep a long time in a metal container and are much better several days after they are made.

CUT-OUT COOKIES — Mrs. Fae Vetter

Cream together:

1-1/2 c. sugar	2/3 c. butter

Add:

2 eggs, well beaten	1 level tsp. soda &
1/2 c. milk	1 level tsp. cream, of tartar
3 c. flour (sifted)	1 tsp. extract

Add more flour, if necessary, until they don't spread.

PEANUT BUTTER COOKIES — Rachel Odren

1 c. brown sugar	2-1/2 c. flour
1 c. white sugar	2 tsp. soda
2 eggs	1/4 tsp. salt
1 c. shortening	1 c. peanut butter
1 tsp. vanilla	

Roll in palm of hand pieces the size of a walnut. Press with fork and bake. Makes 100 cookies.

OATMEAL COOKIES — Mrs. R. G. Robbins

1 c. sugar	1 c. dates
1 c. brown sugar	1/2 c. nuts
1 c. shortening	1 tsp. vanilla
2 eggs	3 Tbsp. milk
1 c. corn flakes	1 tsp. soda
2 c. oatmeal	2 c. flour

Mix and drop by spoonfuls on cookie sheet, which has been greased. Bake 10 to 15 minutes in oven 375 degrees F.

CHOCOLATE FROSTED COOKIES — Mrs. Russell Davis

1-1/2 c. flour (sifted) 2/3 c. sugar
1-1/2 tsp. B. powder

CHOCOLATE FROSTED COOKIES (Cont'd.)

1/2 tsp. salt
3 squares chocolate
4 Tbsp. butter
1 egg
2/3 c. milk
1 tsp. vanilla

Sift together flour, baking powder and salt. Cream sugar and shortening. Add egg, unbeaten. Add flour and milk. Bake in moderate oven (375 degrees) for 7 minutes. When cool, ice with powdered sugar icing.

DATE ICE BOX COOKIES — Mrs. Hattie Hess

1 c. brown sugar
1 c. white sugar
1 c. shortening
1 tsp. salt
1 tsp. soda
3 eggs
4 c. (level) flour
1 tsp. vanilla

Mix in order given and roll out like pie crust.

FILLING:

1 lb. dates
1/2 c. nuts
1/2 c. water
1/2 c. sugar

Cook together until sugar is well dissolved and dates are soft (about 10 or 15 minutes). While hot spread on cookie crust and roll into rolls similar to jelly roll. Wrap in wax paper and keep in ice box until well chilled. When ready to bake cut, roll into thin slices, place on slightly greased baking sheet and bake in moderate oven for about 15 minutes (300 degrees).

BROWN PEPPERNUTS — Mrs. E. J. Buehler

1 c. brown sugar
2 c. white sugar
2 c. syrup
1 c. cream
1 c. butter and lard
flour enough to stiffen well and cut with knife
2 eggs
2 tsp. B. powder
1 Tbsp. spice, consisting of sweet anise, star anise and cloves

BUTTER RINGS — Mrs. A. J. Buehler

1 lb. flour
3/4 lb. butter
1/2 lb. sugar
1/4 tsp. cinnamon
2 eggs

BUTTER RINGS (Cont'd.)

Mix like pie dough. Add 1/2 tsp. baking powder. Form into rings. Let harden. Sprinkle with sugar. Bake a golden brown. Medium oven.

ANISE COOKIES — Mrs. E. J. Buehler

6 eggs, well-beaten - then add 2 c. sugar

and stir 45 minutes. Then add:

2 c. flour — 1 tsp. ground anise

Drop from spoon. Let set in pans until quite dry, either one or two nights in a cool place. Bake slowly in moderate oven. Medium oven.

COCOANUT CRISPS COOKIES — Edna Hetzke

1 c. brown sugar
1 c. white sugar
1 c. shortening
2 eggs, beaten
1 c. cocoanut
1 c. flour
1 tsp. soda
4 c. oatmeal
1 tsp. vanilla

Cream brown and white sugar with the shortening. Sift the flour with the soda. Mix together with the remaining ingredients, and roll out into little balls and bake on ungreased tin.

GARFIELD COOKIES — Mrs. Wm. Schroeder

2 c. sugar
2 eggs beaten in cup; then fill the remainder of the c. with sweet milk
a little salt
2 tsp. B. powder
1 tsp. soda
1 c. lard
flavor with nutmeg
enough flour to make it stiff

Sift baking powder, soda and salt with flour. Roll out.

ICE BOX COOKIES — Roma Shults

Mix well:
1-1/2 c. shortening
1 c. white sugar
1 c. brown sugar
3 eggs, beaten
1 tsp. vanilla

ICE BOX COOKIES (Cont'd.)

4-1/2 c. flour, in which has been sifted:
2 tsp. soda
1 tsp. salt
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. ground cloves

Add 1 c. chopped nuts. Roll in long rolls, wrap in waxed paper and store in refrigerator for a day. Bake about 10-15 minutes in 350 degree oven.

CHRISTMAS COOKIES — Mrs. Elizabeth Unruh

1 c. shortening
1 c. white sugar
1 c. brown sugar
3 well-beaten eggs
1/4 tsp. cloves
1 tsp. cinnamon
1/2 tsp. salt
grated rind of 1/2 orange and 1/4 lemon
3/4 c. chopped nut meats
1 tsp. soda
4 c. flour

Thoroughly cream shortening and sugar, add eggs and beat well. Stir in nut meats and rind. Add sifted dry ingredients. Mix well. Roll about 1/8 inch thick on lightly floured surface. Cut with Christmas cookie cutters. Bake on greased cookie sheet in moderate oven about 12 to 15 minutes. These may be decorated before and also after baking.

CHOCOLATE SUNDAE PIE — Mrs. W. J. Novak

1 c. evaporated milk
1/2 c. water
1/4 tsp. nutmeg
3 egg yolks
1/2 c. gran. sugar
1/8 tsp. salt
1 Tbsp. gelatine
3 Tbsp. cold water
1/2 tsp. vanilla
3 egg whites (beaten stiff
1 c. sweetened whipped cream
1/4 c. grated unsweetened chocolate, or (2 Tbsp. ground chocolate)
pie shell

Heat milk and 1/2 c. water in double boiler with nutmeg. Beat egg yolks with sugar and salt until light. Pour the hot milk over the egg mixture; return to double boiler and cook until the consistency of thick cream. Remove from heat; add the gelatin which has been soaking 5 minutes in cold water. Add vanilla. Cool. When cool and ready to set, beat with egg beater and fold in the stiffly-beaten egg

CHOCOLATE SUNDAE PIE (Cont'd.)

whites. Pour this mixture into pie shell. Set in refrigerator. When cold cover with the sweetened whipped cream and sprinkle top with the grated chocolate.

GRAHAM CRACKER PIE Mrs. Della Bitikofer

Mix together 17 graham crackers, rolled fine, and a scant 1/2 c. butter. Press it in a pie pan to form bottom and sides and fill with desired filling. When browning meringue the crust bakes slowly. Cream pie filling is very good.

STRAWBERRY PIE Mrs. D. L. Harder

Line a pie plate with rich pastry, bake in a quick oven, pricking with fork to prevent bubbles forming during the baking. When pie crust is cold, place freshly drained strawberries as thickly as possible in the crust, then make a strawberry cream by cooking the mashed or small berries and straining them as for jelly through a jelly bag or fine sieve, sweetening well and letting the hot juice dissolve the sugar. For a c. and 1/2, allow one and a half Tbsp. of cornstarch dissolved in cold water. Cook until thick in double boiler, then when cool pour over berries. Top with whipped cream if you like.

STRAWBERRY PIE Mrs. Bob Suenram

1 box berries
1-1/2 c. sugar
4 Tbsp. cornstarch
1-½ c. boiling water
red coloring
vanilla
1 baked pie shell

Mix sugar and cornstarch thoroughly, add hot water slowly and cook until thickened. Add coloring to make a bright red and stir well. Let cool and add vanilla. Pour a small amount of mixture in bottom of pie shell and spread to cover shell; add berries, which have been washed and drained, and arrange in rows so they are evenly divided over shell. Pour balance of mixture on top and spread evenly. Top with whipped cream or serve with ice cream.

RAISIN MERINGUE PIE Mrs. Cora Dyck

1 c. sugar
1 Tbsp. butter
1 Tbsp. flour

RAISIN MERINGUE PIE (Cont'd.)

1 c. raisins simmered in 1 c. water
2 egg yolks
1 tsp. vanilla

Mix flour, sugar and eggs. Add to water and raisins. Boil a few minutes and add butter and vanilla. Pour in baked shell and cover with meringue.

ANGEL FOOD PIE — Mrs. Frank Dilts

1 c. crushed pineapple
1 c. sugar
1/8 tsp. salt
1 c. cold water
4 level Tbsp. flour

Cook in double boiler. When cold stir in 2 egg whites stiffly beaten. Put in baked pie shell and cover with 1 c. of whipped cream. Sprinkle with 1/2 c. of chopped nuts.

LEMON SPONGE PIE — Mrs. J. J. Allen

1 c. sugar
3 Tbsp. flour
3 Tbsp. butter
juice and rind of 1 lemon
yolks of 2 eggs
1 c. sweet milk

Cream sugar, butter and flour together. Add egg yolks, lemon and milk. Add stiffly-beaten egg whites of the 2 eggs. Pour into an unbaked pie crust and bake in a slow oven 45 minutes. Serve with or without whipped cream.

CURRANT OR RAISIN TARTS — Mrs. Wm. Cassler

Line tart pans with pastry. Then mix together:

2 eggs
1 c. sugar
1/4 c. butter
1 tsp. cinnamon &
1 tsp. lemon extract
2 tsp. cornstarch, or flour, mixed with
1 c. currants or raisins

LEMON PIE — Mrs. Vera Fowler

1 c. sugar
2 Tbsp. flour
2 eggs
1 lemon
1 c. milk
3 Tbsp. butter

LEMON PIE (Cont'd.)

Cream the sugar, flour and butter together. Add 2 egg yolks, then the juice and rind of 1 lemon. Mix thoroughly and add 1 c. milk and the stiffly-beaten whites of 2 eggs. Pour into an unbaked crust and bake in a slow oven for 45 minutes.

RHUBARB PIE — Mrs. Mary Tope

1 c. sugar 1 tsp. butter 1 large egg yolk

Mix well and add:

3 c. diced rhubarb
1 Tbsp. flour
1 tsp. lemon extract

Pour into unbaked pie shell, bake in slow oven until rhubarb is tender. Cover with meringue made of the egg white beaten stiff and 3 Tbsp. g. sugar. Brown in oven.

SHORT CAKE — Mrs. Herbert Kutnink

1/2 c. sugar
1 Tbsp. shortening
1/2 c. milk
pinch of salt

Mix and add:
1-1/2 c. flour
2 tsp. B. powder

Bake in moderate oven. This makes two 8-inch layers.

SHORTCAKE — Mrs. Joe W. Goering

2 c. sifted all-purpose flour
4 tsp. B. powder
3/4 tsp. salt
1/4 lb. butter
3/4 c. milk

Sift flour, baking powder, salt into a large bowl. Add butter and cut into small pieces with a knife; then squeeze lumps into flakes and with thumbs press mixture until thoroughly mixed. Add milk and mix lightly until flour is moist. Sift a little flour into bottom of bowl and turn dough in it until all the outside is dry. Shape into 8 medium sized shortcakes. Bake for 15 minutes at 450 degrees F.

CAKE ICING — Mrs. Grace Vogt

Cook 1/2 c. milk with 3 Tbsp. flour until thick. Stir while cooking. Cool. Cream 1/2 c. butter or oleo with 1/2 c. granulated sugar, 1 tsp. vanilla until real fluffy. Add above mixture and cream all together. Add 1 c. powdered sugar and beat well. Especially good as it won't harden on top.

ICING FOR BURNT SUGAR CAKE — Ada Vogt

1 c. brown sugar
1/2 c. white sugar
12 Tbsp. cream

Boil until it makes a soft ball in cold water. Add butter the size of a walnut, pinch of salt and vanilla. Cool and beat.

CHOCOLATE BUTTER ICING — Mrs. Norman Durst

2 squares chocolate
1/2 c. butter
1/4 c. cream
2 c. confectioners sugar
1 tsp. vanilla

Melt chocolate and butter over hot water. Stir in sugar and cream and beat until smooth. Leave over hot water 10 or 15 minutes to take away uncooked taste. Blend in vanilla. If necessary, blend in more cream.

(To use cocoa in place of chocolate, use 3-1/2 Tbsp. cocoa for each square or ounce of chocolate and add 1/2 Tbsp. butter.)

CHOCOLATE APPLESAUCE CUPCAKES — Rose Martin

Cream well:
1/2 c. shortening
1 c. sugar
1 egg, unbeaten
Add:
1 c. applesauce
1-1/2 c. sifted flour
1/3 c. cocoa
1-1/2 tsp. cinnamon
1 tsp. baking soda dissolved in
1 Tbsp. cold water

Bake in 350 degree oven for 25 to 30 minutes. Makes 20 cupcakes.

ICING:
Melt and cool:
2 Tbsp. spry
1 Tbsp. butter

CHOCOLATE APPLESAUCE CUPCAKES (Cont'd.)

2 ounces melted chocolate
Add:
5 Tbsp. hot milk
2 c. powdered sugar
1/2 tsp. vanilla
1/4 tsp. salt

BURNT SUGAR CAKE — Ada Vogt

Cream:
1-1/2 c. sugar
1/2 c. butter
1-1/2 tsp. vanilla
Add:
2 egg yolks
2 Tbsp. B. powder
2 c. flour
3 tsp. burnt sugar
1 c. cold water
2 egg whites, stiffly-beaten

Bake 350 degrees.

MOCK ANGEL FOOD CAKE — Jean Vogt

Sift together:
1-1/2 c. sugar
1-1/2 c. cake flour
pinch of salt
Add:
1 c. boiling water

and set aside to cool. Beat 4 egg whites and add:

1 tsp. cream of tartar
a little vanilla
3 small tsp. B. powder

Add to the above. Bake in a loaf in a slow oven at 325 degrees.

WHITE CAKE — Mrs. John P. Goertz

2 c. sugar
1 c. shortening
1 c. milk (sweet)
2 tsp. B. powder
1 tsp. lemon flavoring
6 egg whites
3 c. flour

Cream shortening and sugar. Add milk and flour alternately. Add beaten egg whites last. Makes a large loaf cake.

WHITE CAKE — Mildred Regier

1-1/2 c. sugar
2-1/4 c. flour

WHITE CAKE (Cont'd.)

1/4 c. boiling water
1/2 c. butter, or shortening
1 c. milk - room temperature
4-1/2 tsp. B. powder
1 tsp. vanilla
2 egg whites

Pour boiling water over sugar, add shortening and vanilla. Sift baking powder with flour several times. Add milk and flour alternately. Beat well. Add stiffly-beaten egg whites. Bake in layers in 375 degree oven.

APPLE NUT CAKE — Mrs. F. B. Regier

Mix together:

1 c. gran. sugar
1/2 c. shortening
1/2 c. brown sugar

Beat in thoroughly:

2 eggs

Sift together:

2 c. sifted all-purpose flour
1/2 tsp. B. powder
1 tsp. soda
1/4 tsp. salt

Stir into shortening-sugar mixture alternately with 1 c. milk. Put batter in large baking pan and mix and put on top of batter:

2 c. chopped apples
1 c. brown sugar
1/2 c. nut meats

Bake in moderate oven 1/2 hour or until done. Serve with whipped cream.

BURNT SUGAR CAKE — L. Maye Schroeder

2 c. sugar
1/3 c. boiling water
2-1/2 c. cake flour
2 tsp. B. powder
1/2 tsp. salt
1/2 c. butter, or margarine
2 eggs
1 c. milk
1 tsp. vanilla

Melt 3/4 c. of the sugar in heavy skillet over low heat. Add water slowly while stirring. Return to heat and cook 5 minutes longer. Cool. Sift dry ingredients twice. Cream butter; gradually add remaining sugar. Separate egg yolks from whites.

BURNT SUGAR CAKE (Cont'd.)

Add yolks one at a time, beating well. Add 4 Tbsp. of the cooled browned sugar mixture (rest goes in the frosting) and blend. Add dry ingredients alternately with milk. Add vanilla. Beat egg whites until stiff, but not dry, and fold into cake mixture. Pour batter into two greased and floured 9-inch layer cake pans. Bake in moderate oven 350 degrees about 30 minutes.

BLACK MIDNIGHT DEVILS FOOD CAKE Mrs. S. A. Razook
Hesston, Kans.

1-1/4 c. sugar
1/2 c. shortening
2 large eggs
1/2 c. cocoa
1 c. hot water, or hot coffee
1-1/2 c. sifted cake flour
1/2 tsp. soda
1/4 tsp. double-acting B. powder

Special Directions: Combine cocoa and hot water. Stir to dissolve completely. Add to creamed shortening, sugar and eggs alternately with dry ingredients (sifted together). Size: 2 round 8" layers (1" thick) or an 8" square cake (1-1/2" thick).

Time: Bake layers 30 to 35 minutes.
Square cake 45 to 55 minutes.

Temperature: 350 degrees (moderate oven).

PRUNE CAKE Thelma Smith

1-1/2 c. sugar
1/2 c. butter
1 c. sour milk
2 scant c. flour
1 tsp. cinnamon
1 tsp. cloves
1 tsp. allspice
1 c. nut meats
2 eggs
2 level tsp. soda
12 large cooked prunes, cut small

Cream butter and sugar. Add beaten eggs. Sift flour with spices and add alternately with milk. Add prunes and nut meats, then soda dissolved in a little warm water. Beat for a minute. Bake as loaf in moderate oven for 40 minutes or until cake loosens from sides of pan. When cool, ice with powdered sugar or with white boiled frosting.

JAM CAKE — Mrs. Mary Owen

1/2 c. shortening
1 c. sugar
2 eggs
1-½ c. cake flour
1/2 tsp. soda
1/2 tsp. cinnamon
1/2 tsp. allspice
1/2 tsp. nutmeg
1/2 c. buttermilk
½ c. any kind of jam
1/2 c. nut meats

Cream shortening and sugar; add eggs and beat. Sift dry ingredients three times and add alternately with buttermilk. Then add jam and nut meats. Bake 45 minutes at 350 degrees F.

ICING FOR JAM CAKE — Mrs. Mary Owen

4 Tbsp. cream
4 Tbsp. brown sugar
2 Tbsp. melted butter

Bring to a boil and add 1 tsp. of vanilla. Then add powdered sugar until the right consistency for spreading.

APPLE SAUCE CUP CAKES — Grace Vogt

1/2 c. butter
1/2 c. white sugar
1/2 c. brown sugar
1 tsp. cinnamon
1/2 tsp. salt
1/2 tsp. B. powder
1 egg
1 tsp. soda
1 c. apple sauce
1 c. chopped dates
1/2 c. chopped nuts
1-3/4 c. flour

Cream butter; add sugar and egg and beat well; add apple sauce, then dry ingredients. Stir in the dates and nuts. Bake in baking cups at 375 degrees 28 minutes.

BANANA CUP CAKES — Evelyn Vogt Spicer

1-1/2 c. sugar
1/2 c. shortening
4 Tbsp. sour milk
1 tsp. soda
1/2 tsp. B. powder
1 tsp. vanilla
2 eggs
2-½ c. flour
1 c. mashed bananas

Mix in order given and salt to taste. Pour in cups and bake.

OLD FASHIONED FRUIT CAKE — Mrs. Emma Hetzke

1-¼ c. bread sponge
1 large c. sugar
2 eggs
1/2 c. soft butter
1 tsp. soda, dissolved in
1 Tbsp. hot water
1 c. flour
1 tsp. cinnamon
1/2 tsp. cloves
1 pkg. figs
3/4 c. English walnuts
2/3 lb. seedless raisins
1/3 lb. citron

Mix all ingredients in order given and pour in a well greased and floured cake pan; set in a warm place. Let raise two hours, then bake in moderate oven (350 degrees) for one hour. This cake is best when it has aged 4 to 6 weeks. You may add any of the fruits used in other fruit cakes if you wish.

CHEESE CAKE — Mrs. Sidney Cohen

Beat together very well:

1 lb. cream cheese
1 lb. cottage cheese
1-1/2 c. sugar
1 tsp. vanilla
pinch of salt
4 Tbsp. sifted flour
5 egg yolks
1/2 c. coffee cream
1 large can evaporated milk

Add:

juice of 1 lemon
5 egg whites, beaten

Use 10" spring form pan, well-buttered. Crush 20 graham crackers in 4 Tbsp. hot melted butter and line pan. Pour in filling and bake in moderate oven 350 degrees for 1-1/2 hour. When done, open oven door but do not remove cake until cool. After cool, remove outside rim and place in ice box overnite.

CHEESE CAKE — Grayce Goertz

Temp: 325 degrees F.
Time: 1-1/4 hours

3/4 pkg. zweiback
2 Tbsp. margarine
2 Tbsp. sugar
1/2 c. sugar
2 Tbsp. flour
1/4 tsp. salt
5-1/2 pkgs. cream cheese
1 tsp. vanilla
4 eggs
1 c. cream

1. Roll zweiback into crumbs; blend with margarine and 2 Tbsp. sugar.

CHEESE CAKE (Cont'd.)

2. Press onto bottom of 9-inch tube pan or spring form mold.
3. Blend 1/2 c. sugar, flour, salt and cream cheese.
4. Add vanilla and egg yolks; mix well; add cream, mix again.
5. Fold in beaten egg whites; pour on top of crumbs.
6. Bake until set in center.

DUTCH CHEESE CAKE — Myrtle Hetzke

When coffee cake dough is ready to place in baking pan, put enough dough in pan to make layer about 1/2-inch thick. Let dough come up half the height of pan side (like pie crust).

Mix:
1 c. cottage cheese
enough sweet cream (or not too sour cream may be used; it makes a richer cake) to moisten cheese thoroughly.
2 eggs
sugar to taste (about a fourth c.)
1/2 tsp. salt
1/4 c. raisins (may be omitted)
juice and grated rind of 1 lemon
several Tbsp. flour to make it hold together.

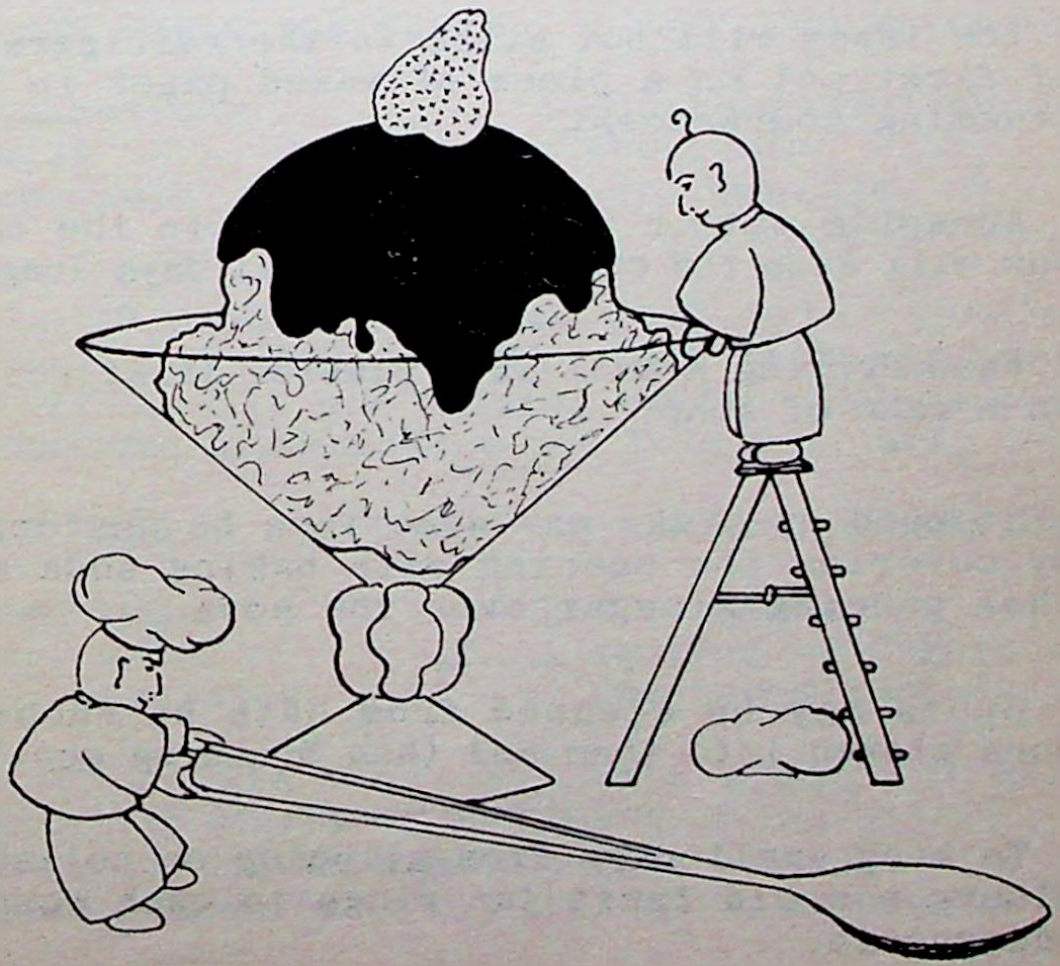
Pour mixture over coffee cake dough and let rise one hour. Bake 20 minutes at 375 degrees. If you are fond of lemon pie you will enjoy this cheese cake.

GRAHAM CRACKER MERINGUE — Mrs. Ray Kaufman

3 egg whites, beaten stiff
1 c. sugar
11 graham crackers, rolled
1 pt. vanilla ice cream
1 tsp. B. powder
½ c. finely chopped nuts

Add sugar to stiffly-beaten egg whites. Then fold in graham crackers to which baking powder has been added. Lastly add nuts. Stir and put in greased pie pan. Bake in slow oven. Cut in wedges. Top with vanilla ice cream or whipped cream. Serves 6. May be made the day before it is to be used.

DESSERTS



HOUSEHOLD HINTS

Coffee cream may be whipped by adding one teaspoon of gelatin which has been melted and allowed to cool almost to the setting stage.

If foods boil over in stove or oven cover with salt to prevent smoking and excessive odor.

Brown sugar will not become lumpy if stored in a glass jar with a piece of blotting paper fitted to the inside of the lid.

Hat veils may be ironed by placing between sheets of waxed paper.

To prevent marshmallows from sticking to the knife when cutting first dip the knife into boiling water.

Ice trays will not stick in the refrigerator if first set on a piece of waxed paper in the freezing compartment.

An apple cut in half and placed in the cake box will keep the cake fresh several days longer.

When driving a nail into plaster first rub it on a cake of soap.

Stopped up sinks may sometimes be unstopped by covering the opening with baking soda and then pouring vinegar over the soda.

Spots may be cleaned from hats by rubbing corn starch into them and then brushing gently.

To keep small rugs from slipping on polished floors sew old fruit jar rings to each corner underneath.

EASY ICE CREAM — J. C. Harder

Beat together:
4 eggs
1 heaping c. sugar
Add and beat:
1 small can condensed milk
pinch of salt
1/3 c. heavy cream
milk enough to fill a 2-quart freezer
1-½ tsp. pure vanilla

Place in freezer. When mixture begins to freeze, fruit may be added.

PEACH ICE CREAM DELIGHT — (Contributed)

Heat 1-1/2 c. of milk to the boiling point with 1/3 c. of white syrup and 2 eggs, well-beaten. Remove from the stove and add 14 marshmallows and 1 tsp. of vanilla and beat firmly. If nuts are desired, add them. When cool, add 1 c., 2, if desired, of whipped cream and 1 c. of crushed peaches. Freeze in unit of refrigerator.

CHOCOLATE MARLO ICE CREAM — Mrs. Don Rosencutter

20 marshmallows
1 square unsweetened chocolate
1 c. milk
1 tsp. vanilla
1/8 tsp. salt
1 c. whipping cream

Melt 15 marshmallows in milk with chocolate. Chill until slightly thick. Beat with egg beater. Add vanilla, salt and whipped cream. Cut in pieces the remaining marshmallows and fold in. Stir twice.

ICE BOX CAKE — Mrs. Sidney Cohen

16 Tbsp. sugar
1/2 c. cocoa, or 4 squares of Bakers unsweetened chocolate
12 Tbsp. water
8 eggs, separated

Cut chocolate fine, mix with sugar and water. Boil until it starts to thicken (not too thick). Let cool, beat yolks of eggs, one at a time, into cool chocolate. Then fold in stiffly-beaten egg whites.

Cut ladyfingers lengthwise and stand close to-

ICE BOX CAKE (Cont'd.)

gether around spring form pan. Line bottom of pan with ladyfingers and macaroons. Pour mixture on top of this being careful not to knock down the standing ladyfingers. (It takes approximately 12 macaroons and 12 ladyfingers for 1 cake). Use a couple day old cookies for this. Let cake stand in ice box for 36 hours before serving. Just before serving, top cake with whipped cream.

PINEAPPLE ICE BOX CAKE — Mrs. Milo Voth

1st Mixture:
2 c. powdered sugar — 1/2 c. butter (1 stick)

Cream until smooth. Beat 2 eggs, add to above and mix well.

2nd Mixture:
Whip 1 c. cream. Add:
2 Tbsp. powdered sugar
1 c. nuts (pecans) — 1 c. crushed pineapple

Roll fine 1/2 pound vanilla wafers. Put 1/2 of crumbs in bottom of pan. Spread 1st mixture on crumbs, then spread 2nd mixture on first mixture. Sprinkle remainder of crumbs on top. Put in icebox at least 5 hours. Serves 12.

RICE DESSERT — Velma Suenram

Ingredients are:
1/2 c. dry rice
1 c. crushed pineapple
24 marshmallows, cut in pieces
1 c. chopped apples
1 c. sweetened whipped cream

Cook the dry rice in salted water until soft but not mushy. Drain and cool. Mix with crushed pineapple, marshmallows and sugar. Let stand for one hour. Fold in sweetened whipped cream just before serving.

BAVARIAN CREAM — Mrs. Bill Suenram

1 pkg. Knox gelatin — 1/2 c. cold water

Soak gelatin about 5 minutes. Scald 1/2 c. milk and pour over gelatin.

BAVARIAN CREAM (Cont'd.)

1/2 c. maple syrup. Let set until partly stiffened.
1 c. whipped cream
1 c. nuts

Line pan and cover with vanilla wafer crumbs.

PRUNE WHIP — Maryan Harder

Beat the whites of two eggs until stiff. Add 3 Tbsp. sugar very slowly. Continue to beat until sugar is dissolved. Fold in 1/3 pound cooked prunes and a dash of salt. Put in refrigerator until time to serve. Top with chopped walnuts. Serves 4.

BROWNIE PUDDING — Mrs. F. B. Regier

1/2 c. sifted flour
1 tsp. B. powder
1/4 tsp. salt
1/3 c. sugar
1 Tbsp. cocoa
1/4 c. milk
1 Tbsp. shortening, melted
1/2 tsp. vanilla
1/4 c. chopped nuts

Sift flour once, measure, add baking powder, salt, sugar and cocoa. Sift again. Add milk, shortening, and vanilla. Mix only until smooth. Add nuts. Mix together:

1/2 c. brown sugar, firmly packed
2 Tbsp. cocoa
3/4 c. boiling water

Sprinkle over batter, then pour boiling water over top. (This makes a chocolate sauce in bottom of pan after pudding is baked.) Bake in moderate oven 30 to 40 minutes. Makes 6 to 8 servings.

PLUM PUDDING — Mrs. R. M. Smith

1 c. ground suet
1 c. milk
1 c. raisins
1 c. molasses
1/2 c. sugar
2 c. flour
1/2 c. nut meats
1 tsp. (scant) soda

Mix and place in mold. Steam 4 hours.

SAUCE:
Cook until thick:
1 c. brown sugar
1 c. boiling water
1 Tbsp. flour
1 Tbsp. butter

CHOCOLATE ICE BOX PUDDING — Mrs. W. A. Goering

1 lb. vanilla wafers
1/2 lb. sweet chocolate
3 eggs
1/2 pt. whipping cream
3 Tbsp. sugar
1 Tbsp. vanilla
1 c. chopped nuts

Heat chocolate with a few Tbsp. water. Add sugar, well-beaten egg yolks, whipped cream, stiffly-beaten egg whites, nuts and vanilla. Fill mold with alternate layers of crushed vanilla wafers and chocolate cream. Let remain in ice box overnight. Serve with whipped cream.

ICEBOX DESSERT — Mrs. Don Rosencutter

1-1/2 c. powdered sugar
1/2 c. butter
3 egg yolks
3 beaten egg whites
2 c. or less chocolate snaps
1 tsp. vanilla
nuts

Cream butter and sugar. Add egg yolks. Beat. Add whites of egg, vanilla and nuts. Put a layer of snaps on bottom and top of mixture. Chill 24 hours.

LEMON FLUFF — Gail Regier

2 lemons and rind of 1
2 c. sugar
6 Tbsp. flour, mixed with sugar
4 Tbsp. melted butter
6 eggs - separated
1/2 tsp. salt
3 c. milk

Beat egg yolks, add sugar and flour, salt and juice and rind of lemon. Add melted butter, milk and beaten egg whites last.

Pour into pan and set in pan of hot water. Bake 30 or 40 minutes at 350 degrees F.

PEACH PUDDING — Earla Travis

2 c. flour
4 tsp. B. powder
1/2 tsp. salt
1 Tbsp. sugar
1/2 c. shortening
3/4 c. milk
6 ripe peaches
6 tsp. strawberry jam
2/3 c. sugar
1/4 tsp. nutmeg, or cinnamon
1/2 tsp. grated lemon rind

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PEACH PUDDING (Cont'd.)

Sift flour, baking powder, salt and sugar in order given; work in fat; add milk and roll out on floured cloth 1/4 inch thick. Cut in 6 large squares.

Peel and stone peaches, fill centers with jam or raspberries and top with other half of peach, 1 peach to a square. Mix together the last 3 ingredients and sprinkle over peaches. Bring sides of square up to enclose peach. Place upside down on a greased baking pan, brush tops with melted butter and bake 20 minutes at 375 degrees. Serve with cream or whipped cream.

CHRISTMAS PLUM PUDDING — Mrs. Emeline Durst

1 c. ground suet
1 c. brown sugar, firmly packed
2 eggs, well-beaten
1/2 c. milk
1 c. seedless raisins
1-1/2 c. currants
1/3 c. sliced preserved orange peel
1/3 c. sliced preserved lemon peel
1/3 c. sliced citron
1/2 c. chopped blanched almonds
1 c. sifted all-purpose flour
1 tsp. baking soda
1 tsp. salt
1/2 tsp. nutmeg
1 tsp. cinnamon
1/4 tsp. mace
1 c. day-old bread crumbs

Mix together and turn into 2-quart greased or oiled covered pudding mold. Steam 3 hours. Serve with hard sauce.

MAPLE ICE BOX DESSERT — Mrs. Wm. Cassler

1 c. milk
1 c. maple syrup
1 pint cream
1 Tbsp. Knox gelatin
1-1/2 c. almonds
1/2 lb. rolled vanilla wafers

Scald milk. Dissolve gelatin in 1/4 c. cold water. Pour hot milk over gelatin; add syrup. Put in refrigerator until it begins to congeal, then add whipped cream and nuts. Put layer of crumbs on bottom of pan, then the gelatin mixture and another layer of crumbs on top. Let stand in a cool place 1/2 day or longer before serving.

PEACH PUDDING — Mrs. Johnnie Wedel

2 eggs
1/2 c. sugar
1/2 tsp. B. powder
1/2 c. flour
2 Tbsp. cold water
8 or 10 peaches
1/2 c. sugar

Butter baking dish. Peel and slice peaches in dish. Put 1/2 c. sugar over peaches. Sift flour and baking powder three or four times. Separate eggs. Beat egg yolks and sugar until very light. Add water slowly; beat hard. Add flour and then fold in beaten egg whites. Pour over peaches. Bake 20 or 30 minutes in moderate oven. Serve with cream.

CHOCOLATE & ANGEL FOOD CAKE AND CUSTARD
Mrs. Wm. Cassler

Chocolate custard: Melt 1 package (7 ozs.) bitter-sweet chocolate squares or chips. Add:

2 Tbsp. water
2 egg yolks, beaten
2 egg whites, beaten stiff

then:
1 c. cream, whipped
2 Tbsp. sugar

Line pan with waxed paper, then sides with slices of angel cake. Pour chocolate custard into pan. Fill custard with chunks of angel food cake. Chill overnight. Serve with whipped cream.

DATE PUDDING — Mrs. Edna Wedel

1 c. sugar
1 egg
3 Tbsp. melted butter
1 c. boiling water over 1 c. dates
1 tsp. soda
1 c. nuts
1-1/4 c. flour
1 tsp. B. powder
1 pinch salt
1 tsp. vanilla

Mix in order given and bake in moderate oven for 40 minutes.

LEMON SAUCE — Mrs. R. W. Parks

1 Tbsp. corn starch
pinch of salt
2/3 c. sugar

LEMON SAUCE (Cont'd.)

Mix above ingredients. Add 1 c. boiling water. Cook five minutes, stirring constantly. Add juice of one lemon and juice of 1/2 orange and a little orange rind. Remove from fire. Add 1 Tbsp. butter. Use on cakes, puddings, etc., hot or cold.

OZARK PUDDING — Mabel Baer

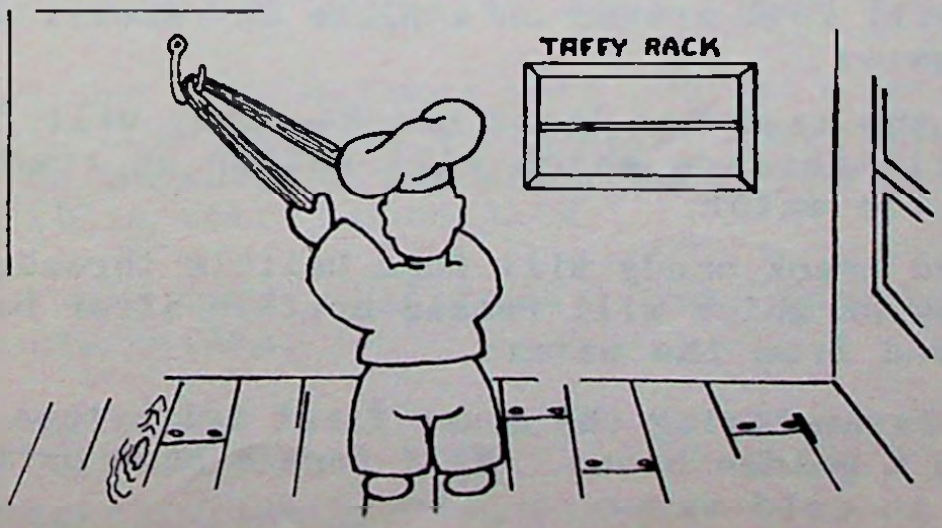
1 egg
3/4 c. sugar
3 Tbsp. flour
1-1/4 tsp. B. powder
1/8 tsp. salt
1 tsp. vanilla
1/2 c. chopped nuts
1/2 c. chopped apple

Beat the egg until light, gradually adding the sugar and beat until smooth. Stir in the flour sifted with baking powder and salt; add apple, vanilla and nuts. Mix well. Bake in a greased pie pan (deep one) in a moderate oven (350 degrees) 30 to 35 minutes.

Serve with plain or whipped cream. Good hot or cold.

WRITE EXTRA RECIPES HERE

CANDY
JELLY
PRESERVES



TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer and the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	THERMOMETER	COLD WATER
Fondant, Fudge	234-238°	Soft Ball
Divinity, Caramels	245-248°	Firm Ball
Taffy	265-270°	Hard Ball
Butter Scotch	275-280°	Light Crack
Peanut Brittle	285-290°	Hard Crack
Caramelized Sugar	310-321°	Caramelized

In using the coldwater test use a fresh cupful of cold water for each test. When testing remove the candy from the fire and pour about 1/2 tsp. into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the soft ball test the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the firm ball test the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from the water.

In the hard ball test the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the test for light crack--candy will form brittle threads which will soften on removal from the water.

Hard crack candy will form brittle threads in the water which will remain brittle after being removed from the water.

In caramelizing the sugar first melts then becomes a golden brown. Will form a hard brittle ball in cold water.

CANDY, JELLY, PRESERVES

CRANBERRY JELL — Contributed

Cook half as much sugar as cranberries with half as much water as sugar until berries quit popping. Run thru sieve and put in mold to set.

STRAWBERRY PRESERVES — Mrs. Lester Stewart

(1) Put 2 quarts of stemmed and ~~mashed~~ berries into a colander and drop into boiling water for 1 minute.
(2) Lift out and put in a preserving kettle. Add 1 & pint of sugar and boil 3 minutes.
(3) Add 1 pint of sugar and boil 3 more minutes.
(4) Pour in a stone jar or mixing bowl - stir often.
(5) When berries are thick (2 or 3 days) can and seal.

Keep berries in a cool place and when stirring, stir very easily and berries will remain whole.

CANDY BARS — Mrs. Virgie Headings

1st Part:

2-1/2 c. sugar
1/2 c. Karo syrup
2/3 c. sweet milk
1/3 c. peanut butter, (scant)
1 Tbsp. butter

2nd Part:

1/2 c. brown sugar
1 c. Karo syrup

Boil 1st part to soft ball stage, then cool and stir until hard. Shape in rolling pieces about 3 inches long and place in cool place to harden.

Boil 2nd part between hard and soft ball stage, then dip first part in while still hot, then immediately in peanuts or any other nuts. Let chill and then dip in melted chocolate.

Melt 1/4 pound parafin and 1 pound sweet chocolate in double boiler.

HARD CANDY — Doris Hostetler

2 c. sugar (slightly rounded)
1/2 c. white Karo syrup (scant)
1/2 c. water (hot)

HARD CANDY (Cont'd.)

Stir well; clean sides of pan with covered fork. Cook until just turns brown on edges. Don't stir while cooking. Remove from fire. Add coloring, 1 tsp., and flavoring (one-half of small bottle, 1/8 oz.), using oil of cinnamon, cloves or anise.

Pour in 8 inch buttered pan. Cut in squares, starting at edges first.

NUT SLICES — Adele Goebel

Mix together:

2 c. sugar
1/2 c. cocoa

Stir in:

1/2 c. milk
1 Tbsp. butter
1/4 c. white corn syrup

Cook over low heat, stirring constantly, until sugar is dissolved. Boil slowly to 234 degrees F., stirring frequently, or until a few drops form a soft ball when dropped into cold water. Cool at room temperature without stirring. Add:

1/3 tsp. salt 1 tsp. vanilla 1 c. broken nuts

Beat until candy holds shape. Turn out onto buttered board, knead with hands about 5 minutes, or until candy can be shaped into two rolls about 1 inch in diameter. When firm, cut in diagonal slices about 3/4 -inch thick. Makes about 4 dozen.

BOSTON CREAM CANDY — Mrs. Ralph Gerstenkorn

6 c. sugar
2 c. Karo syrup
2 c. heavy cream (sweet or sour)

Boil until a soft ball is formed (when nearly done it turns brown). Then take off stove and beat until nearly cold. (At first it is syrupy but by beating it continually it turns creamy.) Then add English walnuts (as many as you wish). Pour into greased deep loaf pan. Let stand at least two weeks. Cut in squares.

POPCORN BALLS — Grace Vogt

6 qts. freshly popped corn
1/3 c. butter

Moundridge, Kans.

POPCORN BALLS (Cont'd.)

2 c. sugar 1/4 tsp. soda

Place sugar and butter in skillet and brown, then add soda. Pour at once over popped corn and form into balls.

(This type of popcorn balls are never sticky).

WRITE EXTRA RECIPES HERE

MISCELLANEOUS

SPOT AND STAIN REMOVAL

BLOOD: Fresh blood stains are set by hot water. To remove from washable material soak in cold water for 30 minutes, then launder. If traces still remain use chlorine bleach. On old stains use iodide of Potassium diluted in four times its own weight. On non-washable materials sponge with cold water or a mild solution of soap.

INK: On washable materials the article may be dipped in melted tallow and when stain has been absorbed the tallow may be removed in boiling soap-suds.

LIPSTICK: On washable materials launder in hot soapy water and remove any stain remaining with a chlorine bleach. On non-washable materials apply carbon tetrachloride with a saturated cloth and press a blotter on the stain. Repeat this process till the stain disappears.

MERCUROCHROME: Launder washable materials in hot soapy water and remove any remaining stain with a chlorine bleach. Mercurochrome is very difficult to remove from non-washable materials. Take it to your cleaner and tell him what the stain is.

GRASS: Rub spot on washable materials with heavy soap suds and remove any remaining stain with chlorine or hydrogen peroxide bleach. Sponge grass stain on non-washable material with wood alcohol.

CHEWING GUM: On all fabrics moisten with carbon tetrachloride and scrape off with a dull knife.

FRUIT: Stretch washable materials over a bowl and pour boiling water through the stain. Use chlorine bleach if necessary. On non-washable materials use an equal mixture of ammonia and alcohol to loosen, then brush with alcohol till stain is removed.

MISCELLANEOUS

RAINBOW CASSEROLE — Mrs. C. C. Griffin

2 c. cooked diced potatoes
2-1/4 c. cooked diced carrots and peas
hardboiled eggs

Put potatoes, carrots and peas in layers in casserole, top with sliced hard-boiled eggs. Cover with a white sauce made from liquid from vegetables and milk. Sprinkle with soft bread crumbs. Dot with butter and bake in moderate oven 30 minutes.

GRILLED STEAK SANDWICHES — Mrs. Wesley Pezley
Ft. Madison, Iowa

3 round buns
1 lb. ground beef
1-1/2 tsp. salt
1/4 tsp. pepper
1 onion, sliced thin
2-1/2 Tbsp. prepared mustard
1/4 c. water
2 large tomatoes, sliced thick

Split buns and toast crust side slightly. Combine meat, salt, pepper, mustard and water; mix well. Spread generously on cut side of buns. Broil in hot oven (450 degrees) 5 to 7 minutes, or until meat is well browned. Remove from broiler and top with onion and tomato slices. Serve immediately as open sandwiches.

ITALIAN SPAGHETTI — Mrs. Leonard L. Orth, Jr.

10 or 12 slices bacon
2 onions, diced
1 green pepper, diced
1 can tomatoes
1 can condensed tomato soup
2 pkgs. spaghetti
1 can Parmesian cheese

Cook spaghetti in boiling water. Cut bacon up and let simmer slowly in the skillet. Add onion and pepper, and let simmer also. Add tomatoes and soup. Season to taste. Pour over the cooked spaghetti as it is served.

MYSTERY SANDWICH FILLING — Mrs. R. W. Parks

1/4 lb. Longhorn cheese
1 egg
1/4 lb. chipped beef
1 c. cooked tomatoes

Moundridge, Kans.

MYSTERY SANDWICH FILLING (Cont'd.)

Grind cheese and beef through medium blade of food chopper; add the egg slightly beaten, then add unsalted tomatoes. Cook over slow heat until cheese is melted.

GRAPE NUTS — Mildred Regier

2 c. buttermilk
3-1/2 c. whole wheat flour
1/2 c. cornmeal
1 c. molasses
1 tsp. soda
1/2 tsp. salt
2 eggs

Bake in a large pan, let stand until cool, then crumb up and bake again in a VERY slow oven. When cold grind in food chopper.

WELSH RAREBIT — Mrs. W. J. Novak

1 c. grated cheese
1 egg yolk
1/4 c. milk
salt and pepper
2 pieces of toast for each portion

Place milk in a sauce pan, and when hot, add cheese slowly. Stir constantly until cheese is melted; add salt, pepper and the beaten yolk of egg. Stir until thick. Serve on toast.

BAKED MACARONI — Mrs. A. H. Moddelmog

Stir over boiling water mixture of:

1 c. diced American cheese
3/4 c. Pet milk with 1/2 c. water
1/2 tsp. dry mustard
1/2 tsp. salt

When cheese melts, stir into 2 slightly beaten eggs. Fold in 3 c. cooked macaroni. Put into greased loaf pan, set in larger pan holding 1/2 inch of hot water. Bake in moderately slow oven 350 degrees F. 1 hour or until firm. Serve with the following sauce:

CLOLIA SAUCE:

Cook slowly 5 minutes:
1/3 c. cut-up green peppers
2 tsp. cut-up onion in
4 tsp. shortening

CLOLIA SAUCE: (Cont'd.)

Stir in:

3/4 c. condensed tomato soup
1/2 tsp. salt
few grains pepper

Stir and boil 1 minute. Serves 4.

MACARONI & CHEESE — Mrs. Selden Hough

1 package macaroni, boiled and drained
2 c. Longhorn cheese, cut in pieces
1/2 garlic button, cut fine, or a little garlic salt

Combine these ingredients in casserole, season with pepper to taste, cover with rich milk or cream, sprinkle with cracker crumbs and bake. (The garlic gives the macaroni and cheese a new flavor).

SPANISH RICE — Contributed

1 Tbsp. butter or substitute
1/2 c. uncooked rice,
Fry until rice is brown.
1 onion, diced
Fry in butter until brown and add:

1 pt. tomatoes
salt and pepper
1 lb. hamburger
1 c. boiling water

Cook until tender, then place in casserole and bake until brown.

HOME MADE NOODLES — Mrs. D. E. Harder

1 beaten egg
1/2 tsp. salt
2 Tbsp. top milk
1 c. flour

Combine egg, salt and milk. Add enough flour to make a stiff dough. Roll very thin on floured surface. Let stand 20 minutes. Roll and slice 1/8 inch thick. Dry strips for 2 hours.

* * * * *

HOME MADE SOAP — Mildred Regier

11 c. strained melted fat
5 c. cold rain water
1 can Lewis lye
1/2 c. liquid ammonia
1/2 c. borax
1/3 c. sugar

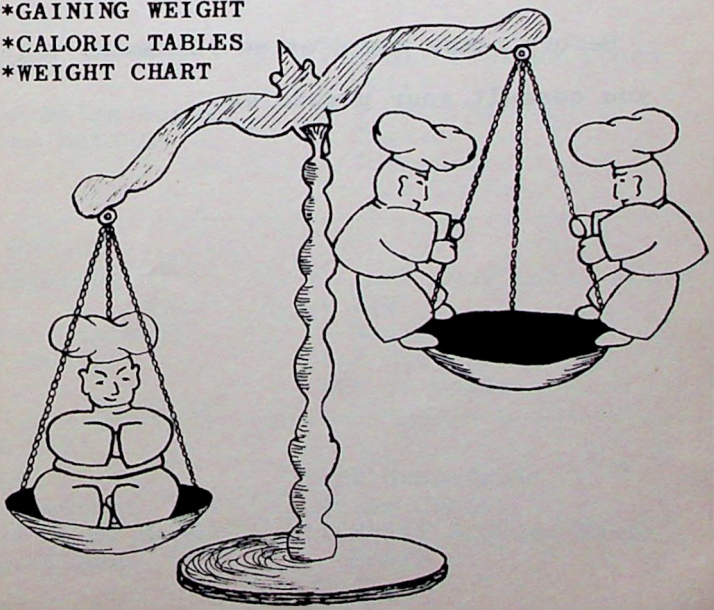
HOME MADE SOAP (Cont'd.)

Use any kind of melted fat. Strain through cloth into enamel pan or crock, 2 or 3 gallon size. Pour the cold water into another enamel pan or crock. Add the lye slowly to the water, stir; then add the ammonia, stir; then add the borax, stir; then the sugar, stir. With a wooden spoon or stick, stir until the mixture has cooled down to a little above the warm point. When cool, pour the lye mixture into the grease, stirring constantly while pouring very slowly. Continue to stir until the mixture becomes thick and creamy - about 15 minutes - constant but slow stirring. Pour into mold and set in a cool place for 36 hours or until hard. Cut into squares before it gets hard. It is best to let it stand at least a week before using.

WRITE EXTRA RECIPES HERE

WEIGHT CONTROL

*REDUCING DIETS
*GAINING WEIGHT
*CALORIC TABLES
*WEIGHT CHART



All material in this section was submitted by Dr. James D. Orr, P.T., Dietitian and Physio-Therapist of the Gateway Health Institute, Kansas City, Missouri.

Before using any diet we recommend that you consult your physician.

EIGHTEEN DAY REDUCING DIET

BREAKFAST: In this diet the same breakfast is used every day and consists of:
1/2 Grapefruit
Melba Toast, Coffee

NOTE: Melba toast is dry bread toasted without butter.

LUNCH	DINNER
FIRST DAY:	
1/2 Grapefruit 1 Egg 6 Slices Cucumber 1 Slice Melba Toast Tea or Coffee	2 Eggs 1 Tomato 1/2 Head Lettuce 1/2 Grapefruit Coffee
SECOND DAY:	
1 Orange 1 Egg 1 Slice Melba Toast 1/2 Head Lettuce Tea	1 Small Broiled Steak, PLAIN 1/2 Head Lettuce 1 Tomato 1/2 Grapefruit Tea or Coffee
THIRD DAY:	
1/2 Grapefruit 1 Egg 8 Slices Cucumber Tea or Coffee	1 Lamb Chop Lean, PLAIN 1 Egg 3 Radishes 1/2 Grapefruit Tea or Coffee
FOURTH DAY:	
1 Tomato 1/2 Grapefruit 1 Slice Melba Toast Cottage Cheese Tea	1/2 Grapefruit Water Cress 1 Small Broiled Steak, PLAIN Coffee

EIGHTEEN DAY REDUCING DIET

LUNCH	DINNER
FIFTH DAY:	
1 Orange	1/2 Grapefruit
1 Lamb Chop Lean, PLAIN	1 Tomato
1/2 Head Lettuce	2 Eggs
Tea	1/2 Head Lettuce
	Tea
SIXTH DAY:	
1 Egg	1 Poached Egg
1 Orange	1 Slice Melba Toast
Tea	1 Orange
	Tea
SEVENTH DAY:	
1/2 Grapefruit	1 Lamb Chop
1 Egg	6 Slices Cucumber
1/2 Head Lettuce	2 Olives
1 Tomato	1 Tomato
2 Olives	Tea or Coffee
EIGHTH DAY:	
1 Broiled Lamb Chop, LEAN	1 Egg
1/2 Head Lettuce	1 Serving Spinach, PLAIN
1/2 Grapefruit	1/2 Grapefruit
Coffee	1 Slice Melba Toast
	Tea
NINTH DAY:	
1 Egg	Any Meat Salad
1 Tomato	
1/2 Grapefruit	
Tea	
TENTH DAY:	
1/2 Grapefruit	1/2 Grapefruit
1 Lamb Chop Plain	1 Lamb Chop PLAIN
1/2 Head Lettuce	1/2 Head Lettuce
Tea	Tea

ELEVENTH DAY:

1 Slice Cinnamon Toast
Tea

1 Small Broiled Steak, PLAIN
1 Stalk Celery
1 Tomato
2 Olives
Tea

TWELFTH DAY:

1/2 Lobster
2 Crackers
1/2 Grapefruit
Tea

1 Broiled Steak, PLAIN
Cole Slaw
1 Tomato.
1 Orange

THIRTEENTH DAY:

1 Egg
1 Slice Melba Toast
1/2 Grapefruit

1/2 Grapefruit
1 Small Broiled Steak
1/2 Head Lettuce
1 Stalk Celery
Coffee

FOURTEENTH DAY:

1 Egg
1 Tomato
1/2 Grapefruit
1 Slice Melba Toast

1 Lamb Chop, PLAIN
1/2 Tablespoonful Catsup
1 Slice Melba Toast
1/2 Grapefruit

FIFTEENTH DAY:

1 Egg
1 Slice Melba Toast
1/2 Grapefruit
Coffee

1 Small Broiled Steak, PLAIN
1 Small Portion Spinach, PLAIN
1 Orange
Tea

SIXTEENTH DAY:

1 Egg
1 Tomato
1/2 Grapefruit
Coffee

1 Small White Fish, Broiled
1 Small Portion Spinach, PLAIN
1 Orange
Tea

SEVENTEENTH DAY:

1 Lamb Chop, PLAIN
1/2 Head Lettuce
1/2 Grapefruit
Tea

1 Small Broiled Steak, PLAIN
1 Tomato
1 Stalk Celery
Coffee

EIGHTEENTH DAY:

1 Chicken Leg Broiled
1 Tomato
1/2 Grapefruit
1 Glass Lemonade
NO SUGAR

1/2 Can Pink Salmon
1 Serving Spinach, PLAIN
1/2 Grapefruit
Coffee

NOTE: You may substitute fish or the white meat of chicken any time for the lamb.

If you have not lost the desired weight you will repeat until you have lost the weight you wish.

This diet takes the weight off slowly, but you do not become flabby.

Oranges may be substituted for grapefruit.

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

FOR THE BENEFIT OF THOSE WHO ARE UNABLE TO EAT AT HOME

MONDAY

BREAKFAST	Calories
Orange Juice	90
1 Slice Buttered Toast	75
Tea or Coffee, Black	
LUNCH	
Ham Sandwich with Lettuce	200
Ice Cream	200
Tea or Coffee, Black	
DINNER	
Vegetable Soup	80
Hamburger on a bun	200
Ice Cream	200
Tea or Coffee, Black	
Total	1,045

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

TUESDAY

BREAKFAST	Calories
1/2 Grapefruit	75
1 Sweet Roll	125
Tea or Coffee, Black	
LUNCH	
Tomato Soup	100
1 Bran Muffin	85
Ice Cream	200
Tea or Coffee, Black	
DINNER	
Chicken Soup	70
Egg and Lettuce Salad, Russian Dressing	100
1 Slice Buttered Toast	75
Ice Cream	200
Tea or Coffee, Black	
Total	1,030

WEDNESDAY

BREAKFAST	Calories
Grapefruit Juice	70
1 Bran Muffin	85
Tea or Coffee, Black	
LUNCH	
Chicken Sandwich	170
Ice Cream	200
Tea or Coffee, Black	
DINNER	
Tomato Juice	50
Sirloin Steak--3 in. square	200
Baked Potato	100
1 Pat of Butter	100
Ice Cream	200
Tea or Coffee, Black	
Total	1,175

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

THURSDAY

BREAKFAST	Calories
Orange Juice	90
1 Slice Buttered Toast	75
Tea or Coffee, Black	

LUNCH	
Egg Salad Sandwich with Russian Dressing	160
Ice Cream	200
Tea or Coffee, Black	

DINNER	
Tomato Juice	50
Hamburger on a bun	200
Vegetable	50
Ice Cream	200
Tea or Coffee, Black	
Total	1,025

FRIDAY

BREAKFAST	Calories
1/2 Grapefruit	75
1 Slice Buttered Toast	75
Tea or Coffee, Black	

LUNCH	
Salmon Salad Sandwich	200
Ice Cream	200
Tea or Coffee, Black	

DINNER	
Tomato Juice	50
2 Scrambled Eggs	160
1 Slice Buttered Toast	75
Ice Cream	200
Tea or Coffee, Black	
Total	1,035

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

SATURDAY

BREAKFAST	Calories
Orange Juice	90
1 Bran Muffin	85
Tea or Coffee, Black	
LUNCH	
Bacon and Tomato Sandwich	225
Ice Cream	200
Tea or Coffee, Black	
DINNER	
Vegetable Soup	80
Frankfurter on bun	200
Cole Slaw	75
Ice Cream	200
Tea or Coffee, Black	
Total:	1,155

SUNDAY

BREAKFAST	Calories
1/2 Grapefruit	75
1 Sweet Roll	125
Tea or Coffee, Black	
LUNCH	
1 Boiled Egg	70
1 Slice Buttered Toast	75
Ice Cream	200
Tea or Coffee, Black	
DINNER	
Fruit Cocktail	125
Chicken, 1 Slice White	65
Gravy	40
Peas	65
Mashed Potatoes	120
Ice Cream	200
Tea or Coffee, Black	
Total	1,160

SODA FOUNTAIN OR RESTAURANT REDUCING DIET

NOTE: Instead of having butter or rich mayonnaise spread on a sandwich, you may order ketchup, mustard or pickle relish, all of which have practically no caloric value. Russian dressing is mayonnaise combined with chili sauce to an extent which is less fattening. No sugar to be used in any beverage.

BODY BUILDING AND WEIGHT GAINING DIET

FOR THOSE UNDERWEIGHT OR SUFFERING FROM MALNUTRITION

GENERAL INSTRUCTIONS

Avoid sweet foods such as fruit cocktails, sweet salads, or sweetened fruit juice at the beginning of the meal, since they blunt the appetite. These foods should preferably be given at the end of the meal.

Highly spiced foods and extremely fatty foods are not recommended in the beginning.

The caloric intake of the diet should be increased by midmorning, midafternoon or bedtime lunches of fruit juices, milk or milk drinks and crackers.

Portions should be made fairly large.

Instead of ordinary cane sugar, lactose should be used, since a much larger quantity of this substance can be used in a dish as a sweetening. Honey may be substituted.

Rest periods are desirable after meals. Avoid all emotional disturbances during meals and take at least some outdoor exercise daily.

Light tea and coffee are permissible.

BODY BUILDING AND WEIGHT GAINING

The diet should contain at least the following dietary essentials:

At least one pint of milk, preferably more. This milk may be given as a drink, or may be used in junket or chocolate pudding.

At least two servings of vegetables, one of which shall be a raw leafy vegetable. One serving of rice, noodles, macaroni or potatoes is to be included every day.

One serving of meat or two eggs per day, preferably both.

Fruit: Two servings of fresh fruit per day.

Breads and cereals.

At least four slices of whole wheat bread, and one serving of whole wheat cereal should be used every day.

Desserts, preferably those made with milk, junket, and chocolate pudding should be included twice every day.

In addition it is wise to include several multi-vitamin capsules per day, even though the diet is sound according to the "vitamineral yardstick."

PATRONIZE MERCHANTS ADVERTISED IN THIS COOK BOOK

HIGH CALORIE DIET

NOTE: In the following High Calorie Diet all foods must be eaten whether you have an appetite or not.

HIGH CALORIE DIET

BREAKFAST

Fruit:	Choice of the following: One half grapefruit, one sliced orange, one medium sliced peach, baked apple, three stewed figs, or four to six stewed prunes.
Cereal:	One cup of farina type cereal, with cream and sugar, or oatmeal or whole wheat cereal or one shredded wheat biscuit with cream and sugar. White or whole wheat toast with butter or jam.
Egg:	Soft boiled, poached, or scrambled egg.
Beverage:	Light tea or coffee, cocoa, milk or chocolate.
10:30 A.M.	Egg nog, malted milk, hot chocolate, or cocoa.

LUNCH

Soup:	Choice of: One cup cream of spinach soup, asparagus soup, or tomato soup.
Salad:	Choice of: One serving of combination salad, one serving of mixed vegetable salad, or salmon salad. To this should be added one tablespoonful of butter, and one tablespoonful of mayonnaise.
Bread:	White or whole wheat toast, melba toast, bran or whole wheat muffin.
Dessert:	Choice of: Chocolate pudding, bread pudding, tapioca pudding, or any flavor of gelatine. Raw fruit is especially good.
Beverage:	Light tea or coffee, cocoa, milk or chocolate.
3:00 P.M.	Milk, (hot or cold), cocoa, malted milk.

DINNER

Meat:	Choice of: Generous serving of baked chicken, two lamb chops, or medium serving of roast beef or beef tongue, medium serving of roast lamb or steak.
Vegetables:	Choice of the following combinations: One cup of carrots and two brown potatoes. Two medium boiled potatoes, and one cup of squash. One cup mashed potatoes & one half cup cauliflower. One large baked potato and one half cup broccoli.
Salad:	Choice of the following: One serving of lettuce and tomato salad. One serving of watercress and egg salad. One serving of grapefruit salad. The above salads should be taken with mayonnaise.
Beverage:	Light tea or coffee, cocoa, malted milk.
Dessert:	Choice of the following: Fruit cup, chocolate pudding, prunewhip, custard, junket or gelatine dessert, or a piece of plain cake. Raw fruit is especially good.

P A T R O N I Z E

M E R C H A N T S

A D V E R T I S E D

I N T H I S B O O K

WEIGHT CHART

WOMEN

Weight in Pounds. (With Regular Clothes)			HEIGHT
20-24	25-29	30 and over	(with shoes on)
113	116	119	4' 11"
115	118	121	5' 0"
117	120	123	5' 1"
120	122	125	5' 2"
123	125	128	5' 3"
126	129	132	5' 4"
129	132	136	5' 5"
133	136	140	5' 6"
137	140	144	5' 7"
141	144	148	5' 8"
145	148	152	5' 9"
149	152	155	5' 10"
153	155	158	5' 11"
157	159	162	6' 0"
...	...	...	6' 1"

MEN

Weight in Pounds. (With Regular Clothes)			HEIGHT
20-24	25-29	30 and over	(with shoes on)
...	...	...	4' 11"
119	124	127	5' 0"
121	126	129	5' 1"
124	128	131	5' 2"
127	131	134	5' 3"
131	134	137	5' 4"
135	138	141	5' 5"
139	142	145	5' 6"
142	146	149	5' 7"
146	150	154	5' 8"
150	154	158	5' 9"
154	158	163	5' 10"
158	163	168	5' 11"
163	169	174	6' 0"
168	175	180	6' 1"

CALORIC CHART

NOTE: Unless amount of food is otherwise specified the measurement is for a standard plate serving.

FOODS	CALORIES
BEVERAGES	
Cocoa, 1 cup	160
Coffee	0
Buttermilk, 1 cup	85
Milk, sweet, whole, 1 cup	165
Tea	0
BREAD	
Biscuits, baking powder, 2	100
Bran muffins, 2	100
Corn bread	200
Cracked wheat bread, 1 slice	55
Rye Bread, 1 slice	75
White Bread, 1 slice	60
DESSERTS	
Angel food cake	150
Apple pie	200
Baked custard, 1	125
Bread pudding	200
Chocolate cake	400
Gingerbread	200
Ice cream, vanilla	215
Strawberry shortcake	300
FISH	
Fried	210
Boiled or steamed	100 - 185
Oysters, half-fry (6)	80
Salmon, canned	110
Tuna, canned	125
MEAT	
Bacon, 3 strips, regular fry	175
Beef, roast, lean	100
Beef, roast, fat	340
Frankfurter, 1	150

CALORIC CHART

Ham, smoked, medium fat	400
Liver	120
Pork chop, 1	200
Spareribs	330

MISCELLANEOUS

Butter, 1 pat	110
Jelly, 1 tablespoon	445
Jam, 1 tablespoon	60
Macaroni and cheese	160
Omelet, 1 egg	130
Spaghetti and meat sauce	290
Spanish rice	155
Sugar, 1 teaspoon	20
Whipped cream, 1 level tablespoon	35

VEGETABLES

Asparagus	15
Beans, green	35
Beans, Limas	130
Beets	45
Carrots	45
Cauliflower	30
Corn	100
Peas, canned	65
Peas, green	100
Potato, sweet, 1	200
Potato, baked, 1	100
Potatoes, creamed	100
Potatoes, fried	100
Spinach	20
Tomato, 1	25
Turnips	35

PATRONIZE
MERCHANTS
ADVERTISED
IN THIS BOOK

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